

## Coronavirus (COVID-19)

### GUIDANCE FOR HOME VISITS UPDATED 10 APRIL 2020

This *Guidance for Home Visits* has been updated to reflect the revised position from Health Protection Scotland and the Scottish Government around protecting community health and social work/social care staff

#### **FACTS about COVID-19:**

- The virus can live up to 72 hours on surfaces.
- The virus is not airborne, it is spread through droplets (e.g. coughs, sneezes, spit).
- Washing with detergent and hot water or disinfectant considerably reduces the virus' life.

#### **In all circumstances**

Whenever visiting people at home you should wash your hands and forearms thoroughly on entry to the home and again before exiting. If there are no hand washing facilities you should use approx 3ml hand gel and work this into your hands and forearms for 20 seconds until dry.

#### **Requirement for Personal Protection Equipment (PPE)**

PPE (aprons, gloves, facemask) should be used if the person you are visiting or any other member of the household currently has:

1. symptoms of COVID-19, or began to have them in the past 7 days
2. a medical condition that places them in the extremely vulnerable group e.g. someone with cancer or a respiratory condition

or 3. You have undertaken a personal risk assessment and are of the view that you or the person you are visiting is at risk. You may also decide that re-usable goggles (obtainable via Team Managers) are necessary. The risk assessment flow chart, on the back page, will help identify what you need.

#### **Guidance for putting on and taking off PPE (“Donning and Doffing”)**

Use this link to a video that shows the correct way to put on and take off PPE,  
<https://vimeo.com/393951705>

#### **PPE should be put on before entering the room**

- Keep hands away from face and PPE being worn
- Change gloves when torn or heavily contaminated
- The order for putting on is apron, surgical mask, eye protection (where required)

The order given above is a practical one; the order for putting on is less critical than the order of removal given below.

## **PPE should be removed in an order that minimises the potential for cross-contamination**

### Gloves

- Grasp the outside of the glove with the opposite gloved hand; peel off.
- Hold the removed glove in gloved hand.
- Slide the fingers of the un-gloved hand under the remaining glove at the wrist.
- Peel the glove off and discard appropriately.

### Apron

- Unfasten or break ties.
- Pull apron away from the neck and shoulders, touching the inside of the apron only.
- Turn the apron inside out, fold or roll into a bundle and discard.

### Re-usable goggles

- To remove, handle by headband or earpieces. Disinfect with supplied wipe and replace in plastic bag.

### Facemask

- Remove after leaving care area.
- Untie or break bottom ties, followed by top ties or elastic and remove by handling the ties only and discard.

## **Disposal of PPE**

Where possible move to another room in the house to remove PPE. Dispose of the PPE securely within disposable bags. When full, the bag should then be placed into another bag and tied off. These bags should be stored for 72 hours before being put out for normal domestic waste collection. Perform hand hygiene immediately after removing all PPE.

### Risk Assessment Flow Chart

