

Guidance on the use of Personal Protective Equipment for Direct Payment Recipients and their Personal Assistants.

Correct on 14th May 2020

What is Personal Protective Equipment (PPE)?

Personal Protective Equipment (PPE) is used to protect people from health and safety risks when they are at work, for example Personal Assistants (PA's) usually wear an apron and gloves when they support people with their close personal care to keep themselves and the person they are supporting safe.

What is Covid-19?

Covid-19 (Coronavirus) is a new virus that can spread easily through respiratory droplets generated by coughing and sneezing, and through contact with contaminated surfaces. The virus causes a mild-to-severe respiratory illness.

The main symptoms of Covid-19 can be:

A high temperature – feeling hot to touch on the chest or back.

A new, continuous cough – coughing a lot for more than an hour or having 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).

A sudden loss of the sense of smell and taste.

What Personal Protective Equipment does my Personal Assistant need to wear to keep us safe from Covid-19?

What they need to wear will depend on your personal situation – please read all the information in all the boxes to find out what you need...

If you:

- * **Do not have a diagnosis or symptoms of Covid-19**
- * **Are not self-isolating for 14 days** because someone in your house has a diagnosis or symptoms of Covid-19
- * **Have recovered** from Covid-19
- * **Are not in a shielded group** or sharing a house with **someone in a shielded group**

and **your PA does not support you with close personal care** and you can stay **two metres away** from them then **they do not need to use extra PPE.**

If your PA **is** helping you with **close personal care within 2 metres**, then they should wear disposable gloves and a disposable plastic apron.

If there is a **risk of splashes or droplets** of blood or bodily fluids, then a mask that does not allow fluids through (known as a fluid repellent mask) and eye protection should also be worn.

If you or someone you live with is in a **shielded group** your PA must wear a **disposable plastic apron, disposable gloves, and a standard surgical mask** (this does not have to be a fluid repellent mask, unless there is a risk of splashing as mentioned in the box above).

They should also **wash their hands and forearms with soap and water for at least 20 seconds** and dry their hands with their own towel when they come into your home and when they leave, or use 60% alcohol hand sanitiser

You will have been told by your GP or NHS England if you are in a shielded group. They will have told you to stay at home for at least 12 weeks.

If you do have

Covid-19, symptoms of COVID-19 or are self-isolating because a member of your home has a diagnosis or symptoms of Covid-19

AND your PA supports you with close personal care such as washing, bathing, teeth cleaning or anything that may involve contact with bodily fluids

then your PA must wear disposable gloves, a disposable apron, a fluid repellent mask, and eye protection (eye protection helps if there is risk of splashing).

Your PA must use a new apron and gloves every time they help you with your personal care.

One fluid repellent mask will last for a full session of a few hours, but a new mask is needed every time your PA leaves your home and comes back.

Eye protection can be single use or reusable full-face visor or goggles. Reusable eye protection must be thoroughly cleaned and then disinfected using a disinfectant solution after each use.

Extra protection is needed if your PA supports you with any **aerosol generating procedure** such as insertion or removal of a breathing tube (tracheotomy or tracheostomy). Then your PA will need a different type of mask (an FFP3 respirator) and a disposable gown.

If you do have

Covid-19, symptoms of COVID-19 or are self-isolating because a member of your home has a diagnosis or symptoms of Covid-19

but **your PA does not support you with close personal care** and you can **stay two metres away from them** at all times then **they do not need to use PPE.**

But if they are in your home for more than 15 minutes you should go into a different room or as far away from them as you can.

Before they come and after they leave your home, they should **wash their hands** with soap and water and dry them using their own towel or use 60% alcohol hand sanitiser.

How do I get PPE for my PA?

Please try to order PPE from your normal supplier.

If your normal supplier is out of stock of PPE and you have not been able to find another supplier, then you can order a 2-week emergency supply from the Council. In which case **if you can use the Internet**

then please visit <https://www.nottinghamshire.gov.uk/care/adult-social-care/careers/personal-assistants/PPE>

and complete and submit the web order form on your computer, tablet or smartphone,

If you are **not able to use the Internet**, then please telephone our Contact Support Centre on 0300 500 8080 and tell them that you need to order some PPE for your Personal Assistant.

Please make sure that your PA knows how to put on or take off their Personal Protection Equipment...



Public Health
England

Guide to donning and doffing standard Personal Protective Equipment (PPE)

for health and social care settings

Donning or putting on PPE

Before putting on the PPE, perform hand hygiene. Use alcohol handrub or gel or soap and water. Make sure you are hydrated and are not wearing any jewellery, bracelets, watches or stoned rings.

- 1 Put on your plastic apron, making sure it is tied securely at the back.


- 2 Put on your surgical face mask, if tied, make sure securely tied at crown and nape of neck. Once it covers the nose, make sure it is extended to cover your mouth and chin.


- 3 Put on your eye protection if there is a risk of splashing.


- 4 Put on non-sterile nitrile gloves.

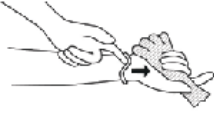

- 5 You are now ready to enter the patient area.





Doffing or taking off PPE


Surgical masks are single session use, gloves and apron should be changed between patients.


- 1 Remove gloves, grasp the outside of the cuff of the glove and peel off, holding the glove in the gloved hand, insert the finger underneath and peel off second glove.



- 2 Perform hand hygiene using alcohol hand gel or rub, or soap and water.



- 3 Snap or unfasten apron ties the neck and allow to fall forward.


- 4 Snap waste ties and fold apron in on itself, not handling the outside as it is contaminated, and put into clinical waste.
- 5 Once outside the patient room. Remove eye protection.


- 6 Perform hand hygiene using alcohol hand gel or rub, or soap and water.


- 7 Remove surgical mask.


- 7 Now wash your hands with soap and water.



Please refer to the PHE standard PPE video in the COVID-19 guidance collection:

www.gov.uk/government/publications/covid-19-personal-protective-equipment-use-for-non-aerosol-generating-procedures

If you require the PPE for aerosol generating procedures (AGPs) please visit:

www.gov.uk/government/publications/covid-19-personal-protective-equipment-use-for-aerosol-generating-procedures

Getting rid of used PPE equipment safely

Used PPE must be put in a rubbish bag. Bags should be put into another bag, tied and kept separate from other rubbish in your home for 72 hours before being put in your outside rubbish bin.

Laundry

Do not shake dirty laundry.

Dirty laundry that has been in contact with an ill person can be washed with other people's items at 60°. If you do not have a washing machine, wait a further 72 hours after the 7-day isolation period has ended. The laundry can then be taken to a public laundry for washing.