

Adults' Health and Care

Update for care providers



14 September 2020

Coronavirus (COVID-19) Information to help minimise an outbreak in a care home

Dear Provider

The following information from West Hants Clinical Commissioning Group provides ways to help minimise an outbreak in a care home setting, as there has been an increase in outbreaks in the South East and South West regions.

Visiting

- [Advice from Government](#) about visiting in a care home setting
- Host socially distanced visits in the garden, one resident at a time
- Request people book to visit and only allow booked visits
- Allow time between visits to clean the area, including chairs and tables
- Do not provide food and drinks
- Ask questions before letting visitors into the garden such as:
 - Are you in good health?
 - Have you been in contact with anyone with suspected COVID-19 symptoms?
 - Have you displayed COVID-19 symptoms in the last 14 days?
- Visits should be conducted at a distance of two meters. Homes should complete a risk assessment if they feel the resident could not maintain this distance
- The outside space should be accessed without the need to let visitors go through the home
- Homes with outbreaks or positive cases should not be allowing visiting
- You may wish to consider contacting the residents' families to advise them of the increase of outbreaks in the South and consider postponing further visiting whilst awaiting regional or national guidance

Hand Hygiene

- Provide staff with [Royal College of Nursing guide on hand care](#)

- Provide individual gel bottles for staff to support frequent hand hygiene
- Ensure regular hand hygiene for residents
- [5 Moments for hand hygiene from the World Health Organisation](#)

PPE

- Ensure there are PPE stations around the home so staff can quickly access PPE and hand gel
- Staff should be given regular mask breaks, but it is important that they are socially distanced at two meters when not wearing a mask
- Masks should be worn to cover the nose and mouth and should not be pulled down
- Ensure staff know how to [put on and take off PPE safely](#)
- [Coronavirus PPE hub](#)

Decontamination

- Increased frequency of cleaning to at least twice a day
- Regular cleaning of frequent touch points
- Use chlorine products 1000ppm av chlorine for environment cleaning
 - Combined detergent and disinfectant such as actichlor plus **or** detergent then a chlorine product – for example Milton
- Purchase universal sanitising wipes for cleaning equipment and keep wipes near communal equipment
- Clean equipment after every use

Ventilation

- Risk assess the use of fans and clean daily
- Keep areas well ventilated

Isolation of symptomatic residents

- Isolate all symptomatic residents, if unable to isolate, consider 1:1 or identifying an area of the home where they have no contact with others
- Review all residents who access communal areas, and consider if appropriate for them to remain in their own room during an outbreak
- Review doors being open, keep doors closed if safe to do so
- Provide residents with information about why they are being asked to stay in their room during an outbreak

Linen

- Keep clean laundry inside laundry room or covered

Waste

- Ensure the correct clinical waste stream is being used during the outbreak (Orange during outbreak)

Staffing

- Review staff rotas to limit the numbers of staff who have contact with each other – for example team working

Social distancing

- Reiterate to staff the importance of social distancing when not wearing masks
- When staff are on a break or taking a mask break they must be two meters from each other
- Stagger breaks to support social distancing

Swabbing of residents/staff members

- Swab any resident in the future who is not their normal self
- Do not allow staff to work when unwell even if they don't have a high temperature, cough, altered taste or smell until they have been swabbed and result confirmed as negative
- A staff contact of a positive case is any staff member that has had the following contact while not wearing appropriate PPE or who has had a breach in their PPE:
 - Has had face-to-face contact (within one meter) of a confirmed case, including being coughed on, having a face-to-face conversation or having skin-to-skin physical contact
 - Has had any contact within one meter for one minute or longer with a confirmed case without face-to-face contact
 - Has spent more than 15 minutes within two meters of a confirmed case
 - Has cleaned a personal or communal area of the home where a confirmed case has been located (note this only applies to the first time cleaning the personal or communal area)
 - Has been notified that they're a contact of a co-worker who has been confirmed as a COVID-19 case (for example through meeting the definitions of close contacts above)

