



**Midlothian**  
**Health & Social Care**  
**Partnership**

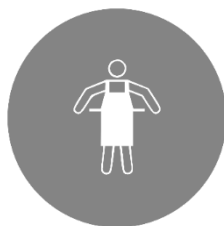
# Personal Protective Equipment

## Unpaid Carers – 7 May

This advice links to Health Protection Scotland guidance: [www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19/](https://www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19/)



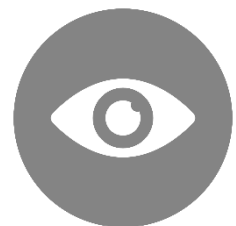
Gloves



Apron



Face mask



Eye protection

# General advice

Wash your hands. It is important that you ensure you perform hand hygiene using soap and water or hand sanitiser regularly throughout the day and before and after providing any personal care. This is a key measure in preventing the spread of COVID-19.

Assist the person you care for with hand hygiene regularly particularly before and after meals and after toileting.

Cover your nose and mouth when coughing or sneezing with disposable tissues and dispose of them in the nearest waste bin after use. If you have no tissues to hand, you should cough or sneeze into the crook of your elbow. Wash your hands with soap and water afterwards.

Provide the person you care for with tissues to catch coughs and sneezes.

Follow the general advice and physical distancing advice on NHS inform.

You should plan ahead for any scenario in which you may not be able to provide care for your friend or family member. Your local carers centre may be able to assist with emergency planning or find emergency planning tools at [www.midlothian.gov.uk/info/1352/carers/187/support\\_for\\_unpaid\\_adult\\_carers/2](http://www.midlothian.gov.uk/info/1352/carers/187/support_for_unpaid_adult_carers/2)

If you or the person you support have symptoms of COVID-19 you should also follow the guidance for households with possible coronavirus (COVID-19) on NHS inform.

## Shielding (extremely high risk group)

If you or the person you support is within the shielding category you should familiarise yourself with the shielding advice on NHS inform and help the person you care for adhere to shielding advice.

If you are in shielding category and the person you support develops symptoms of COVID-19 you should seek to make alternative arrangements for their care and ensure you avoid all contact with them. If you are unable to provide essential care for someone, you should contact Duty Social Work on 0131 271 3900.

## Aerosol Generating Procedure — e.g. suctioning or CPAP (continuous positive airway pressure)

If you are performing an aerosol generating procedure contact Duty Social Work on **0131 271 3900**.

# When to wear PPE - If you live with the person you care for

## NO SYMPTOMS

Wear any PPE that you normally do depending on the type of care you provide.

## NO SYMPTOMS

Carer or anyone in household of cared for is shielding

Wear any PPE that you normally do depending on the type of care you provide **AND** a face mask for the period of time you are providing care (within 2m).



## SYMPTOMS

Cared for

Wear any PPE that you normally do depending on the type of care you provide **AND** a face mask for the period of time you are providing care (within 2m).



## SYMPTOMS

Carer

If you have symptoms but the person you care for has no symptoms, if possible you should **NOT** provide direct care.

If the person you care for also has symptoms you can continue to provide care.

Wear the PPE that you normally do depending on the type of care you provide **AND** a face mask for the period of time you are providing care (within 2m).



# When to wear PPE - If you DO NOT live with the person you care for

## NO SYMPTOMS

Wear any PPE that you normally do depending on the type of care you provide.

## NO SYMPTOMS

Carer or anyone in household of cared for is shielding

### **\*IF POSSIBLE SOMEONE IN THE SAME HOUSEHOLD SHOULD PROVIDE CARE \***

If the person you care for develops symptoms and you are shielding if possible you must not care for them. If you must provide care wear any PPE that you normally do depending on the type of care you provide **AND** a face mask for all essential visits.



## SYMPTOMS

Cared for

### **\*IF POSSIBLE SOMEONE IN THE SAME HOUSEHOLD SHOULD PROVIDE CARE \***

Wear any PPE that you normally do depending on the type of care you provide **AND** a face mask for the period of time you are providing care (within 2m).



## SYMPTOMS

Carer

### **\*IF POSSIBLE YOU SHOULD NOT PROVIDE DIRECT CARE & NOT VISIT THEIR HOUSEHOLD UNTIL 7 DAYS AFTER ONSET OF SYMPTOMS\***





If you must provide care wear any PPE that you normally do depending on the type of care you provide **AND** a face mask for the period of time you are providing care (within 2m)



# HOW TO WEAR PPE

## Putting on:





Put PPE on before entering care area - in the hallway or reception area. It should be put on in this order:

 <b>1 - Apron</b>	 <b>2 - Mask</b>	 <b>3 - Eye protection</b> Carer must risk assess the need for eye protection where there is a risk of droplet transmission (e.g. coughs)	 <b>4 - Gloves</b>
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## Taking off:

Remove PPE after leaving care area - in the hallway or reception area and place in a waste bag.

**It should be removed in an order that minimises cross-contamination.**

 <b>1 - Gloves</b>	 <b>2 - Apron</b>	 <b>3 Eye Protection</b>	 <b>4 Mask</b>
<ul style="list-style-type: none"><li>• Grasp the outside of the glove; peel off and hold removed glove in gloved hand.</li><li>• Slide the fingers of the un-gloved hand under the remaining glove at the wrist.</li><li>• Peel the glove off and discard.</li></ul>	<ul style="list-style-type: none"><li>• Untie/break ties.</li><li>• Pull gown away from neck and shoulders, only touching the inside of the gown.</li><li>• Turn the gown inside out, fold or roll into a bundle and discard.</li></ul>		<ul style="list-style-type: none"><li>• Untie/break bottom ties, followed by top ties or elastic</li><li>• Remove by handling the ties only and discard as clinical waste.</li></ul>

Wash your hands with soap and water immediately after all PPE has been removed and dry them with disposable towels. If you cannot wash your hands use an Alcohol Based Hand Rub. **DO NOT re-enter the care area**, or within 2 metres of the person receiving care. Use Alcohol Based Hand Rub when leaving.





## Waste

Dispose of PPE and personal waste (e.g. used tissue, disposable towels and cleaning cloths) securely within disposable bags. When full, the disposable bags should be placed in a second bag and tied.

These bags should be stored for **72 hours** before being put out for collection in the usual way. They **must not** be left in a communal building bin and if stored outside they must be in a solid container (e.g. wheelie bin) and away from a public street.

# When to change PPE

**Always change if wet or dirty and remove before comfort breaks**

Disposable plastic GLOVES	Disposable plastic APRONS	FLUID RESISTANT (TYPE IIR) SURGICAL MASK	Eye/face protection
			
<b>Single Use</b> Change after personal care		<b>Sessional Use – wear for up to 4 hours</b> Change after personal care Do not put back on if taken off	

## WHERE TO GET PPE:

Midlothian Health and Social Care Partnership can provide PPE if you provide personal care to someone (e.g. helping them wash, eat or go to the toilet) and you cannot access it through your normal routes.

You can order initial emergency supplies from the **Care at Home Team** who will tell you where to collect it or organise delivery. They can also request an ongoing supply of equipment.

**Call 0131 271 3940**

Mon - Fri 07:00-22:00, Sat – Sun 07:00-13:00 + 16:00- 22:00

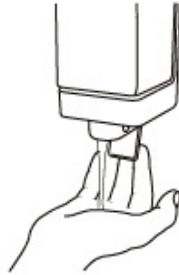
# Handwashing

1



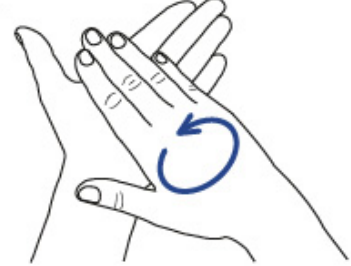
Wet hands with water.

2



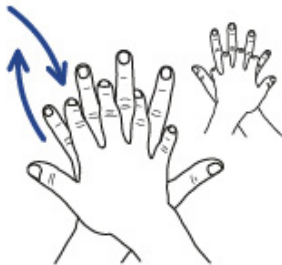
Apply enough soap to cover all hand surfaces.

3



Rub hands palm to palm.

4



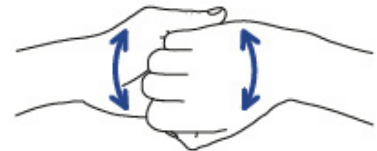
Right palm over the back of the other hand with interlaced fingers and vice versa.

5



Palm to palm with fingers interlaced.

6



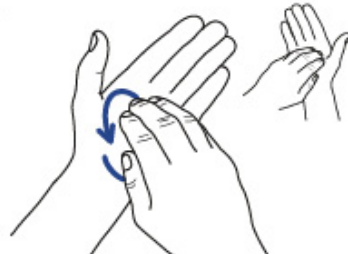
Backs of fingers to opposing palms with fingers interlocked.

7



Rotational rubbing of left thumb clasped in right palm and vice versa.

8



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

9



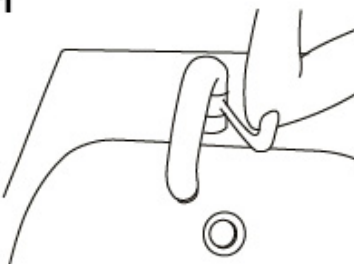
Rinse hands with water.

10



Dry thoroughly with towel.

11

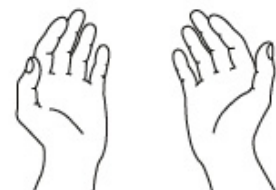


Use elbow to turn off tap.

12



Steps 3-8 should take at least 15 seconds.



...and your hands are safe\*.