

## Case Definition: Symptoms of new consistent cough and/or temperature 37.8 degrees or above

### Staff at Increased Risk of COVID-19

#### Groups at increased risk of severe illness from COVID-19 include:

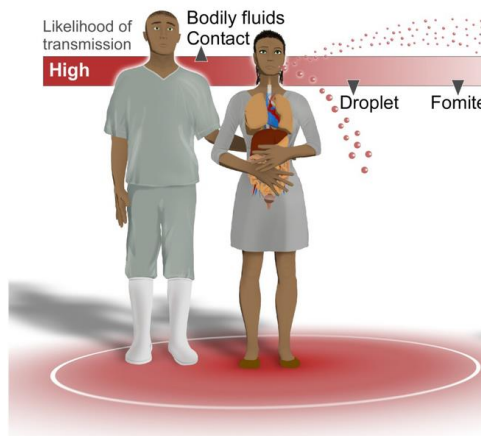
- Aged 70 or older (regardless of medical conditions)
- Under 70 with an underlying medical condition
- Chronic Respiratory Disease, Chronic Heart Disease, Chronic Liver Disease, Chronic Neurological Conditions
- Diabetes
- Problems with the spleen
- Weakened immune system
- BMI of 40 or above
- Pregnant women in third trimester

Staff in the 'at risk' groups can still work in clinical roles with precautions

### Transmission of COVID-19

Transmission is through large droplet spread (coughing/sneezing) which contaminates the zone immediately around an individual AND through contaminated surfaces e.g. handles, taps, chair arms etc.

- COVID-19 lasts on surfaces for around 2 hours



### Visitors

To minimise the risk of transmission, care home providers are advised to;

- Prevent visitors visiting who have suspected COVID-19 or are generally unwell
- Emphasise good hand hygiene and provide facilities to wash hands and/or alcohol gel
- Coughs should be caught in the elbow or disposable tissues
- Contractors on site should be kept to a minimum
- Consider the wellbeing of residents, and the positive impact of seeing friends and family
- Ensure PPE is worn where appropriate e.g. GP

### Staff Isolation

#### Self-Isolation

- If the person lives alone, **self-isolate for 7 days**
- After 7 days, if the individual feels better and no longer has symptoms, they can return to their normal routine (a chronic cough can continue for a few weeks and does not mean the person is infectious)

#### Household Isolation

- If the patient lives in a household with others, isolate the whole household **for 14 days from the day the illness began** in the first person who becomes ill, the household can then return to their normal routine
- However, After 7 days, if the first person to become ill feels better and no longer has symptoms, they can return to their normal routine

#### Developing Late Symptoms

- If a person in the household develops symptoms on day 13 they should **self-isolate for a further 7 days** (not the entire household).

#### Isolation Guidance for STAFF

- Remain at home.
- Do not go to work, school or public areas
- Do not use public transport or taxis
- Do not go out to buy food or other essentials
- Do not allow visitors inside your home including friends and family.
- If patients require help with buying groceries, other shopping, picking up medication etc. they should ask friends or relatives to help. If shopping is delivered, the driver must be asked to leave shopping outside the patient's home

### What to expect from your GP Practice

- Initially the Resident will be triaged over the phone by a clinician - telephone triage is used to prioritise patient care and determine if a resident requires face to face contact
- The Clinician may ask for the Residents RESTORE2 or NEWS2 Score so ensure that you have this available
- GPs are still visiting Nursing/Care homes, but care is being managed remotely where possible
- If a GP visits the home and the patient is displaying symptoms of COVID19, they **MUST** wear PPE in the residents room
- Use your nhs.net account to contact the GP by email
- During Out of Hours, call 111, In an emergency call 999

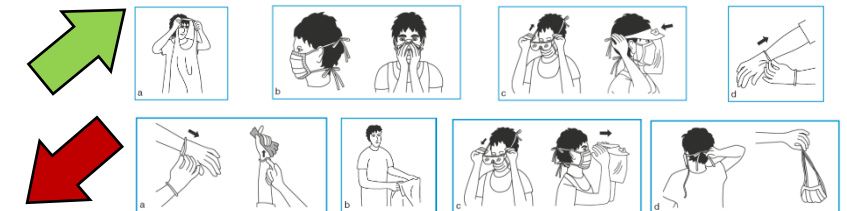
**In the event that the resident has confirmed or suspected COVID19 inform the call operator**

### Caring for an unwell resident

**Isolation:** The resident should remain in their own room, ideally in a single bed with en-suite facilities

**Personal Protective Equipment:** must be used at each episode of personal care

**PPE includes Fluid repellent surgical face mask, apron, gloves**



If you are unable to get PPE from your usual supplier, contact Hampshire County Council or see contacts below

- **Dedicated line: 0800 915 9964**
- **Dedicated email: [supplydisruptionservice@nhsbsa.nhs.uk](mailto:supplydisruptionservice@nhsbsa.nhs.uk)**

**Hand Hygiene:** Wash hands before and after resident care & use alcohol gel as appropriately

- REMEMBER 'Bare below the Elbow'
- No rings (except single wedding band) and no watches
- No nail varnish
- **ENSURE THAT RESIDENTS WASH THEIR HANDS REGULARLY**

**If your resident is not symptomatic then no PPE is required above and beyond normal good hygiene practices. Do not waste PPE.**

#### Returning residents from hospital

**YOU MAYBE REQUESTED TO ACCEPT A RETURNING RESIDENT, IF SO, ACCEPT THE RESIDENT AND FOLLOW THE GUIDANCE ABOVE**

### Management of Waste, Cleaning, Laundry

- **Waste:** dispose of waste appropriately. Personal waste such as incontinence pads and other items soiled with bodily fluids. Ensure that bags are placed
- **Laundry:** do not shake dirty laundry (this minimises the possibility of dispersing virus through the air)
- Wash items as appropriate in accordance with the manufacturer's instructions
- Dirty laundry that has been in contact with an ill person can be washed with other people's items
- Items heavily soiled with body fluids, such as vomit or diarrhoea, or items that cannot be washed, should be disposed of, with consent
- **Cleaning:** continue to clean as per your home schedule. A more thorough clean will be required in any room the a confirmed COVID19 Resident has occupied.