



Midlothian
Health & Social Care
Partnership

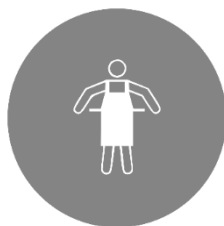
Personal Protective Equipment

Unpaid Carers – 15 April

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



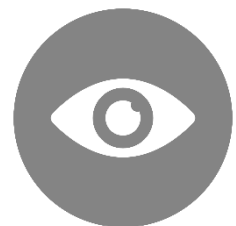
Gloves



Apron



Face mask






Eye protection

When to wear PPE


If someone HAS A POSSIBLE/CONFIRMED case of COVID-19

Personal Care

Disposable plastic GLOVES	Disposable plastic APRONS	Disposable Fluid repellent COVERAL GOWN	SURGICAL MASK	FLUID RESISTANT (TYPE IIR) SURGICAL MASK	FILTERING FACE PIECE RESPIRATOR	Eye/face protection
						Risk assess 1

If someone DOES NOT HAVE COVID-19

Personal care

				Risk assess 2		Risk assess 2
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Personal care at a home if ANY member of the household has a possible/confirmed case.

						Risk assess 1
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Personal care or unavoidable visit to anyone who is extremely vulnerable or if a member of the household is extremely vulnerable

						
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Risk assessment should be carried out by the carer.

1. Eye Protection should be used where this is a risk of droplet transmission (e.g. coughing)
2. PPE can be worn if the carer feels there is a need for contact and droplet precautions based on the nature of care or task being undertaken

Personal care provided by a member of the same household.

If personal care is being provided by a member of the same household, for PPE to be effective 'social distancing' guidelines must also be followed everyone within the household.

If there is a possible or confirmed case in the household, for PPE for the provision of personal care to be effective everyone must also follow the 'Guidance for households with possible coronavirus infection'.

Social distancing guidance and guidance for households with possible coronavirus infection can be found at www.nhsinform.scot/coronavirus

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:



1 - Gloves



2 - Apron



3 - Mask

Keep your hands away from your face and the PPE you are wearing.

Change your gloves if they are heavily contaminated/soiled or torn.

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.



1 - Gloves

- Grasp the outside of the glove; peel off and hold 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.



2 - Apron

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



3 - Mask

- Untie or break bottom ties, followed by top ties or elastic and remove by handling the ties only and discard as clinical waste.

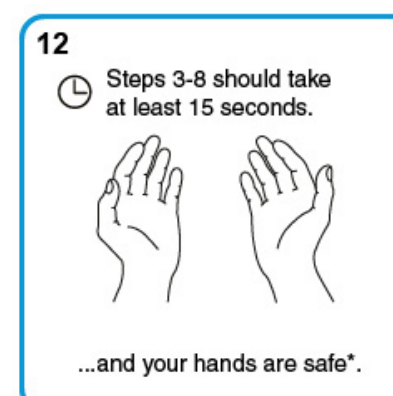
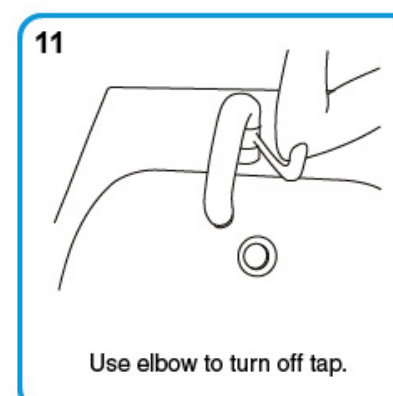
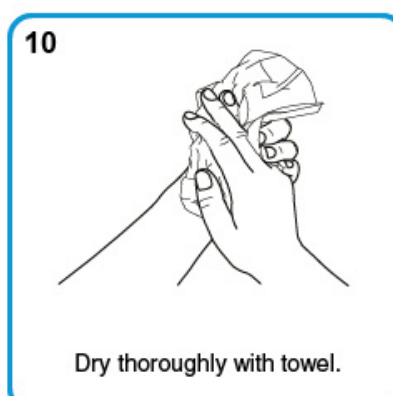
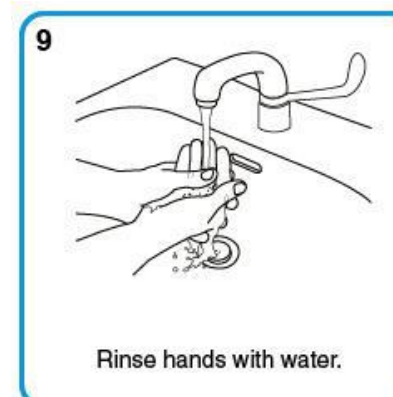
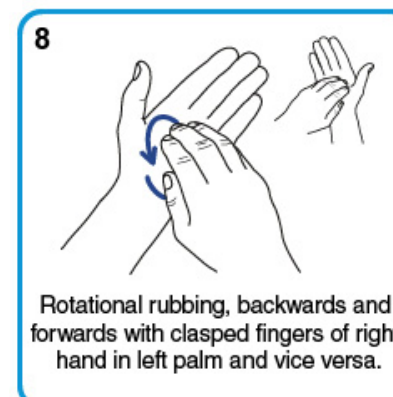
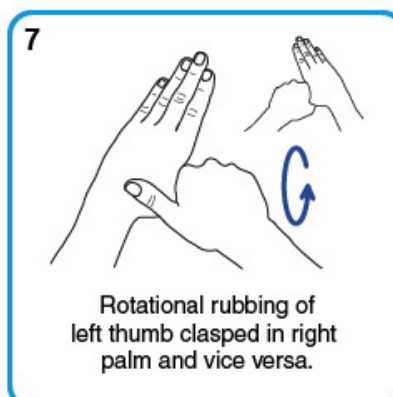
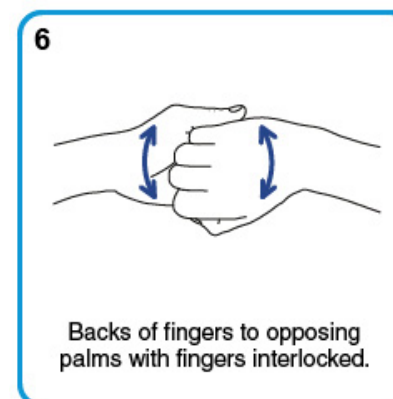
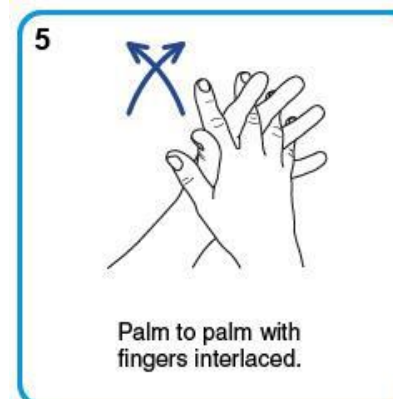
Wash your hands with soap and water immediately after all PPE has been removed and dry them with disposable towels. If you cannot wash your hands use an Alcohol Based Hand Rub. **DO NOT re-enter the care area**, or within 2 metres of the person receiving care. Use Alcohol Based Hand Rub when leaving.

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.

HOW TO WASH YOUR HANDS



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)

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