




# COVID-19 Outbreak Bulletin

## Key Points

The IPC Care Assurance Team have carried out visits to care homes during recent COVID-19 outbreaks.

**Key points** for learning and sharing have been identified to preventing outbreaks from occurring and escalating

<p><b>Physical Distancing</b></p> 	<p><b>Residents</b></p>	<p><b>Residents should maintain 2 metres distancing where possible. Measures can be put in place to support this e.g.</b></p> <ul style="list-style-type: none"> <li>• Stagger mealtimes</li> <li>• Reduce number of residents at each dining table if less than 2 metres</li> <li>• Place chairs 2 metres apart in communal areas to deter residents from sitting close together</li> <li>• Remove amount of chairs or place table between chairs</li> <li>• Schedule and alternate activities</li> </ul>
<p><b>PPE</b></p> 	<p><b>Masks</b></p>	<ul style="list-style-type: none"> <li>• Discard masks when going for breaks</li> <li>• When face mask removed discard immediately and perform hand hygiene</li> <li>• Ensure masks are secure when applying to avoid touching mask</li> <li>• If require to touch mask carry out hand hygiene immediately</li> </ul>
<p><b>Cleaning and Disinfection</b></p> 	<p><b>Visors</b></p>	<p><b>Single use</b> - Used once on a single individual and then discarded</p> <p><b>Doffing</b></p> <p><b>PPE should be removed adhering to national guidance to reduce the risk of self-contamination</b></p> <p><u>Order of removal</u></p> <ul style="list-style-type: none"> <li>• Gloves,</li> <li>• Apron,</li> <li>• Eye protection (if appropriate)</li> <li>• Face mask (if appropriate)</li> </ul> <p><u>Technique</u></p> <ul style="list-style-type: none"> <li>• Remove gloves using 'pinch and peel' method</li> <li>• Break neck ties &amp; pull apron away turning gown inside out (touching inside gown only)</li> <li>• Handle eye protection by headband or earpieces</li> <li>• Remove without touching front of mask – handle straps only</li> </ul> <p>Cleaning of the environment during outbreak should be carried out using:-</p> <p><b>a combined detergent disinfection <u>chlorine</u> solution with concentration of 1000 parts per million chlorine</b></p> <p><b>Lift buttons to be included in frequently touched surface cleaning</b></p>

**Preparation**

Clean washable/plastic bag containing:-

- Plastic Apron
- Disposable Gloves
- Fluid Resistant Surgical Mask
- Eye/face protection if required
- Washable bag/plastic bag for placing outdoor wear if required

**Donning**

PPE can be donned in porch/vestibule area of home. If this is not available:-

- At door entrance apply Alcohol Based Hand Rub (ABHR) then face mask and face/eye protection (if applicable)
- Enter house and immediately inside remove outdoor wear if applicable and place in washable/plastic bag
- Apply ABHR
- Apply apron and gloves in this order and approach patient to carry out clinical task

**Doffing**

Following completion of task - keeping at least 2 metres away from patient/family:-

- Remove gloves, apron eye/face protection (if applicable) in this order using correct technique
- Place in household waste bin. If suspected/confirmed COVID-19, PPE should be double bagged with date and time added to bag and left for 72 hrs prior to disposal into household waste stream
- Perform hand hygiene/apply ABHR
- Put on outdoor wear and leave house ensuring physical distancing at all times
- Apply hand ABHR

Note

If unable to leave PPE/waste in the home this can be placed in a clinical waste bag and placed in car boot to be taken and disposed of in clinical waste stream on return to clinical environment.

Clinical waste bags can be kept in car in preparation for such situations.