



Public Health
England

PPE guide for community and social care settings including care homes

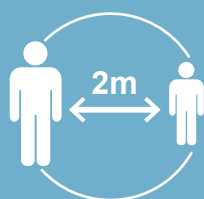
What PPE to wear and when – an illustrative guide



This resource outlines personal protective equipment (PPE) advice for care workers who work in the community. Guidance should be used in conjunction with local policies.

**Personal protective equipment (PPE)
is not effective on its own.**

Ensure you practice:



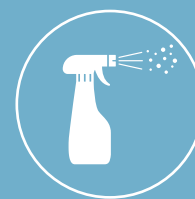
social distancing



staying away from
work when you are ill



hand hygiene



more frequent
cleaning

**Respiratory
hygiene:**



catch it



bin it



kill it

If you are a care worker in the community or a care home, you should ensure you wear the correct PPE for your work.

Below are five common scenarios you might encounter. For each we describe what PPE you should wear.

1. When you are within 2 metres of a person, providing direct physical care
2. When you are within 2 metres of anyone who has symptoms of a COVID-19 infection
3. Whenever you are 2 metres of another person
4. When you are caring for a person who is clinically extremely vulnerable
5. When you are 2 metres or more away from people you are caring for or supporting

If you are caring for someone involving aerosol generating procedures (AGPs), you will need the enhanced PPE guidance found here:

www.gov.uk/government/publications/covid-19-personal-protective-equipment-use-for-aerosol-generating-procedures

1 When you are giving direct physical care within 2 metres of someone with no symptoms of and not suspected of having COVID-19 infection

Apron

Gloves

Fluid repellent Type IIR surgical mask

Eye protection can be used, subject to risk assessment such as if where there is a risk of contact with body fluids. Prescription glasses are not eye protection.

This PPE also applies if the person is clinically extremely vulnerable



2 When you are within 2 metres of anyone who is known to have, or has symptoms of, COVID-19 infection whether you are caring for them or not

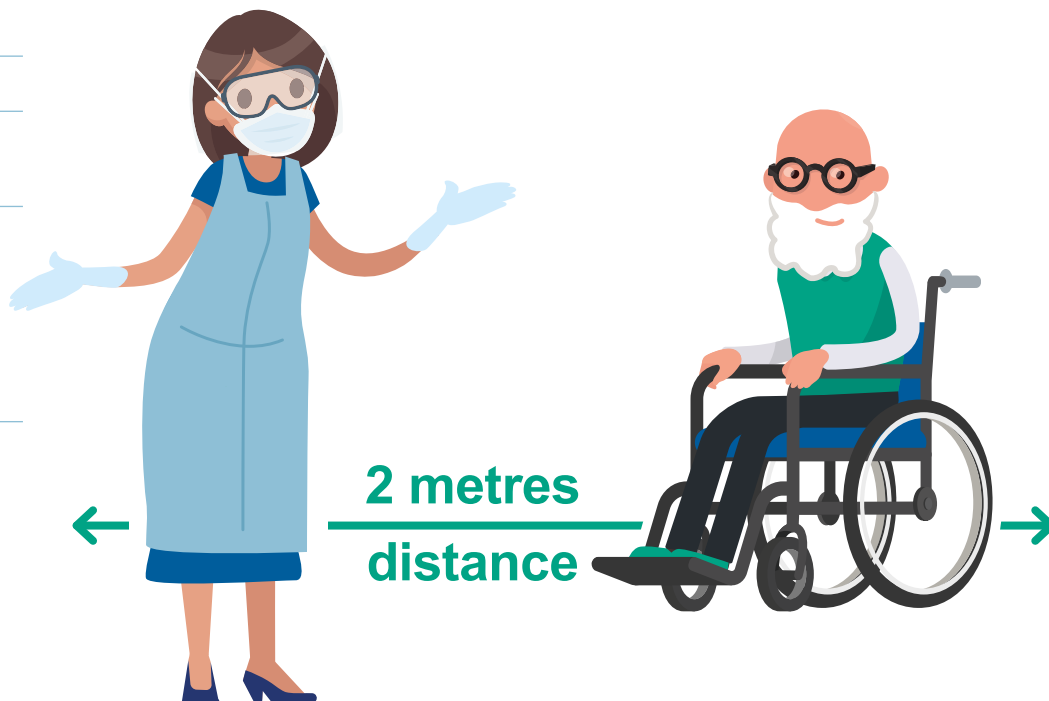
Apron

Gloves

Fluid repellent Type IIR surgical mask

Eye protection can be used, subject to risk assessment. Prescription glasses are not eye protection.

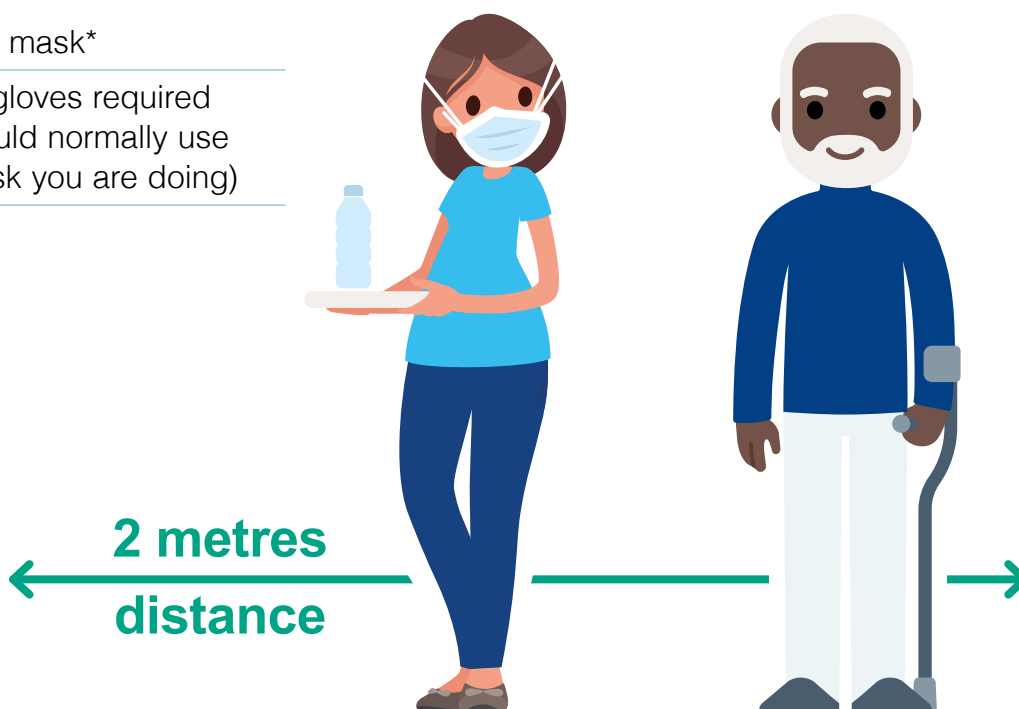
This PPE also applies if caring for a clinically extremely vulnerable person



3 Whenever you are 2 metres of another person

Type II surgical mask*

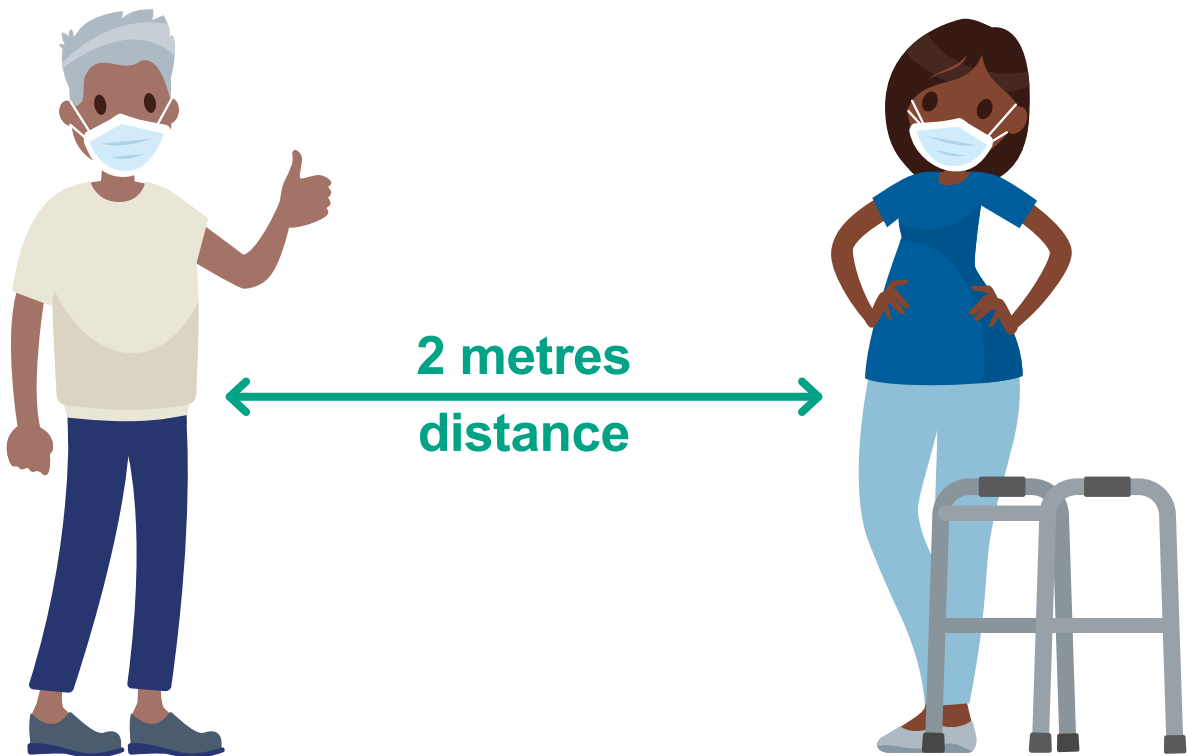
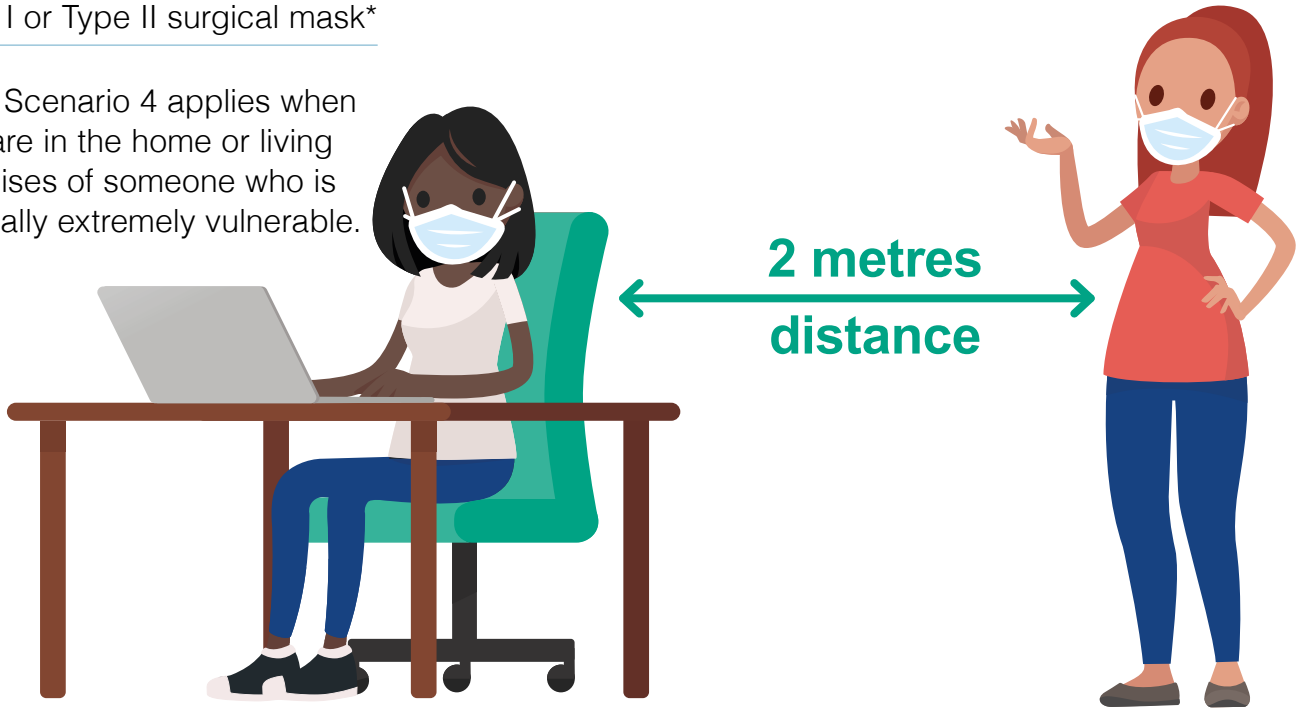
No apron and gloves required (unless you would normally use them for the task you are doing)



4 When you are in the workplace and 2 metres or more away from people you are caring for or supporting

Type I or Type II surgical mask*

Note Scenario 4 applies when you are in the home or living premises of someone who is clinically extremely vulnerable.



*Type IIR masks can be used in the absence of availability of Type I or Type II

What you need to know about using PPE

You need to wear PPE for personal care of all individuals you care for:

- whether the person you are giving personal care to has symptoms or is known to have COVID-19 or not
- regardless of the age of the person you are caring for
- no matter what your role is

Use PPE safely:

- you should remove and discard all items of PPE when leaving a patient's home (domiciliary care).
- When providing direct personal care, moving from one individual to the next in the same setting, you must change your apron and gloves.
- You can use the same mask and eye protection between individuals but must change it after providing care for someone who has or is suspected of having COVID-19 infection
- If they have symptoms of a cough, high temperature, diarrhoea or have loss of taste/smell, all PPE must be changed including the mask and eye protection (the latter should be thoroughly cleaned if reusable).

- make sure you clean your hands appropriately before putting on and **before** and after removing your PPE
- you should not touch your face mask or eye protection unless it is to put it on or remove it
- make sure that your face mask always covers your mouth and nose
- do not dangle your face mask or eye protection around your neck or place on the top of your head

You can use face masks and eye protection continuously (unless the individual has symptoms of, or is known to have COVID-19 infection) until you need to take a break or until the item needs replacing. You can use the same mask and/or eye protection:

- for when in communal or social activities
- until you need to take a break e.g. to drink, eat or break or end duties
- when moving/travelling between individuals if safe to do so (don't wear eye protection when driving or cycling)

Further information on PPE and IPC in community and social care settings:

How to work safely in care homes

www.gov.uk/government/publications/covid-19-how-to-work-safely-in-care-homes

PPE guidance for use when undertaking aerosol generating procedures

www.gov.uk/government/publications/covid-19-personal-protective-equipment-use-for-aerosol-generating-procedures

How to work safely in domiciliary care

www.gov.uk/government/publications/covid-19-how-to-work-safely-in-domiciliary-care

COVID-19 personal protective equipment (PPE)

www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control/covid-19-personal-protective-equipment-ppe

Remove and discard or decontaminate the eye protection:

- if damaged, visibly soiled, uncomfortable
- for taking a break e.g. to drink, eat, toilet break or end of duties
- decontaminate your eye protection immediately after removing it and store safely
- if your eye protection is for single use only then dispose of it after use

Remove and discard the face mask:

- after a care episode with a client who has symptoms of, or is known to have, COVID-19
- if damaged, visibly soiled, damp, uncomfortable, or difficult to breathe through
- for taking a break e.g. to drink, eat, toilet break or end of duties
- replace it with a new face mask for your next client care episode/duty period
- must be changed after 4 hours of wear

Put on and remove PPE at least 2m away from the people you are caring for

Do not re-use PPE items unless they are clearly marked as re-usable:

- gloves and aprons are always single use and must be disposed of and replaced after use
- re-usable items e.g. eye protection must be cleaned according to manufacturer's instructions or according to local infection prevention and control protocol

Make sure you change your clothing immediately at the end of your work duties and launder your uniform/work clothes:

- separately from other items if heavily soiled
- at the maximum temperature the fabric can tolerate, then iron or tumble dry



Put on and take off PPE items according to this video

https://youtu.be/-GncQ_ed-9w

Resources for care workers working with people with learning disabilities or autism

COVID-19 guide for care staff supporting adults with learning disabilities or autistic adults
www.scie.org.uk/care-providers/coronavirus-covid-19/learning-disabilities-autism/care-staff

Dementia in care homes and COVID-19

www.scie.org.uk/care-providers/coronavirus-covid-19/dementia/care-homes

Quick guides for putting on and taking off PPE

www.gov.uk/government/publications/covid-19-personal-protective-equipment-use-for-non-aerosol-generating-procedures

My 5 moments for hand hygiene

www.who.int/gpsc/5may/Your_5_Moments_For_Hand_Hygiene_Poster.pdf

