COVID 19

Practical infection control guidance for people in contact with vulnerable groups and/or people who are self-isolating

We recognise that communities, third sector organisations and small businesses have an essential role to play in supporting more vulnerable people but want to make sure that all those involved clearly understand how to keep themselves and others safe.

This guidance pulls together published government advice to help support people wanting to work or volunteer with practical advice on infection control measures to minimise the risk of person to person spread of COVID-19. For reliable up-to-date information always **visit:** www.gov.uk/coronavirus

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person. Similar viruses are spread in cough droplets. **It's very unlikely it can be spread through things like packages or food.** Your local district council Environmental Health Department can provide advice on safe food handling and preparation.

Hand washing and infection control

Do:

✔ wash your hands with soap and water often – do this for at least 20 seconds

✔ always wash your hands when you get home or into work

✔ use hand sanitiser gel (with an alcohol content of at least 60%) if soap and water are not available

✔ cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze

✔ put used tissues in the bin straight away and wash your hands afterwards

✔ try to avoid close contact with people who are unwell

✔ maintain 2m distance between people – have a plan for situations where people are likely to crowd together such as when queuing.

Don't:

✘ touch your eyes, nose or mouth if your hands are not clean

✘ lick fingers or blow to open bags

✘ rely solely on protective gloves to maintain good personal hygiene – unless gloves are only being used for a single task and then disposed of, gloved hands must be washed with soap and water or sanitised often.

For more information visit: https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults

Helpful hints:

- Where possible use contactless card technology or bank transfers to avoid the need to handle money or use PIN key pads.
- Where this is not possible use a change tray or bowl to avoid direct person to person contact when exchanging banknotes and coins. To reduce the risk of cross contamination after exchanging money wash or sanitise hands.
- Ensure key pads and all hand contact surfaces including change trays are sanitised after use.
- A large insulated pump vacuum flask filled with warm water together with a washing up bowl and soap can be used to provide portable handwashing facilities
- In some circumstances, physical barriers, such as a tables, can be a good way to ensure **2m separation** is maintained between people.

Fitness to work/ volunteer

You must not work/volunteer for **7 days** if you have either:

- **a high temperature**
- **a new continuous cough**

If you live with other people and somebody has these symptoms, you should stay at home for **14 days** from the day the first person became ill.

If you are fit to work/volunteer, limit your face-to-face interaction and avoid direct contact with people, particularly if they:

- **are over 70**
- **have an underlying health condition**
- **are pregnant**

People who are vulnerable can still work/volunteer in other capacities that do not involve person-to-person contact.

> **For more information visit:** https://www.gov.uk/ guidance/coronavirus-covid-19-information-for-the-public#what-to-do-if-you-have-symptoms

Use of sanitiser and disinfectants

Human coronaviruses can survive on inanimate objects, such as hand contact surfaces and table tops, and can **remain viable for up to 5 days** at temperatures of 22-25°C and relative humidity of 40-50% (which is typical of air-conditioned indoor environments).

> **For more information visit:** https://assets. publishing.service.gov.uk/government/uploads/ system/uploads/attachment_data/file/872745/ Infection_prevention_and_control_guidance_for_ pandemic_coronavirus.pdf

Use disposable cloths or paper roll to clean all hand contact surfaces using a chlorine-based disinfectant or sanitiser (at a dilution of 1,000 parts per million available chlorine). It is important to follow manufacturer's instructions for dilution, application and contact times for all disinfectants and sanitisers.

> **For more information visit:** https://www. gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings

Best practice - how to hand wash

Wash your hands with soap and water more often for 20 seconds

1

Palm to palm

2

The backs of hands

3

In between the fingers

4

The back of the fingers

5

The thumbs

6

The tips of the fingers
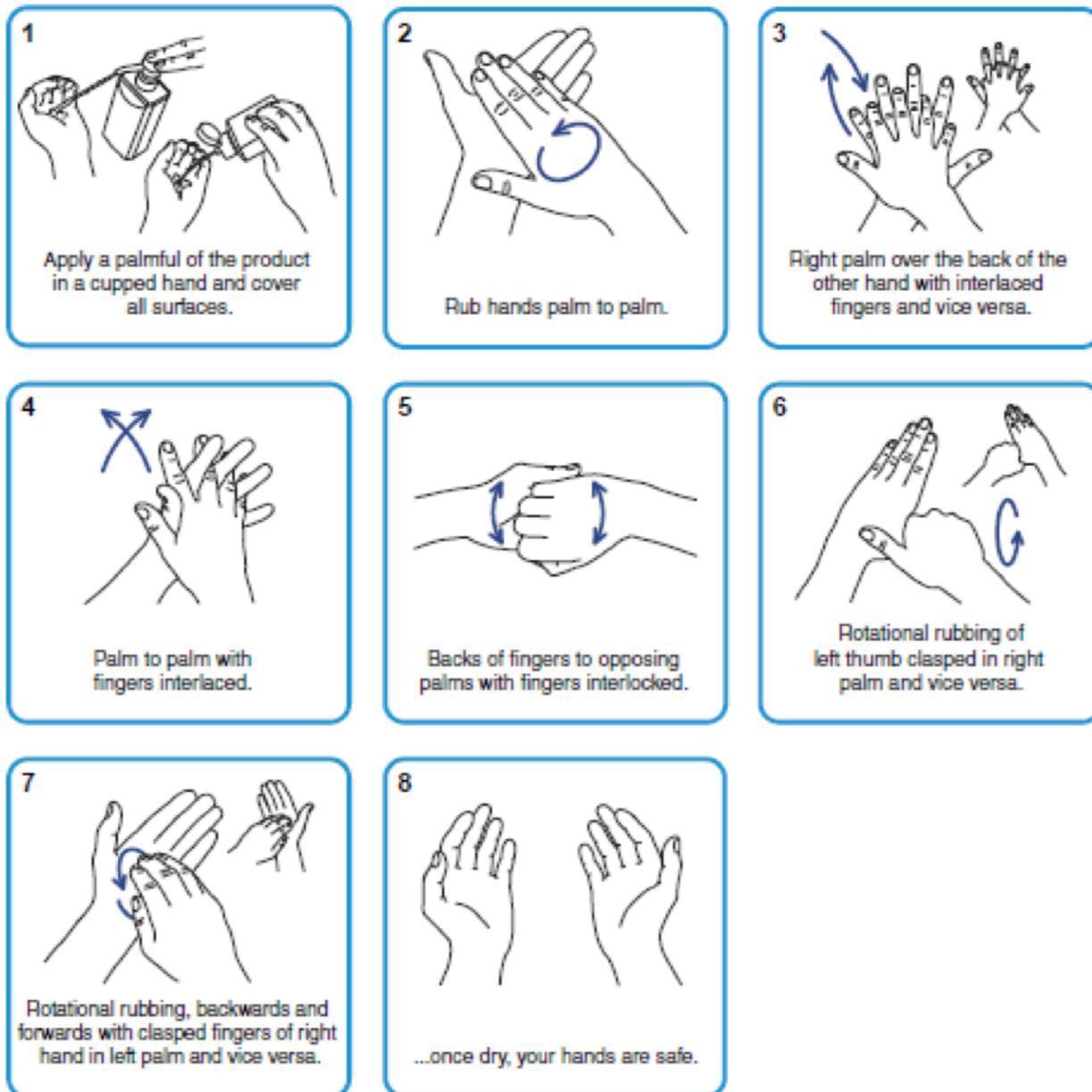
Use a tissue to turn off the tap.
Dry hands thoroughly.

The NHS have produced a how to wash your hands properly video:
https://www.youtube.com/watch?v=bQCP7waTRWU&feature=youtu.be

CORONAVIRUS

PROTECT YOURSELF & OTHERS

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www.oxford.gov.uk OXFORD CITY COUNCIL

South Oxfordshire District Council Listening Learning Leading

Vale of White Horse District Council

WEST OXFORDSHIRE DISTRICT COUNCIL

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Best practice - how to hand rub

Duration of the process should take 20-30seconds

1 Apply a palmful of the product in a cupped hand and cover all surfaces.

2 Rub hands palm to palm.

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

4 Palm to palm with fingers interlaced.

5 Backs of fingers to opposing palms with fingers interlocked.

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

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

8 ...once dry, your hands are safe.

Useful contacts

Cherwell District Council Environmental Health
hpandcompliance@cherwell-dc.gov.uk

Oxford City Council Environmental Health
foodsafety@oxford.gov.uk

South Oxfordshire and the Vale of White Horse District Councils Environmental Health
env.health@southandvale.gov.uk

West Oxfordshire District Council Environmental Health
ers@publicagroup.uk

Oxfordshire County Council Public Health
Public.Health@Oxfordshire.gov.uk