# 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-guidanceon-social-distancing-and-for-vulnerable-people/ guidance-on-social-distancing-for-everyone-in-the-ukand-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-thepublic#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-19decontamination-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



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



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









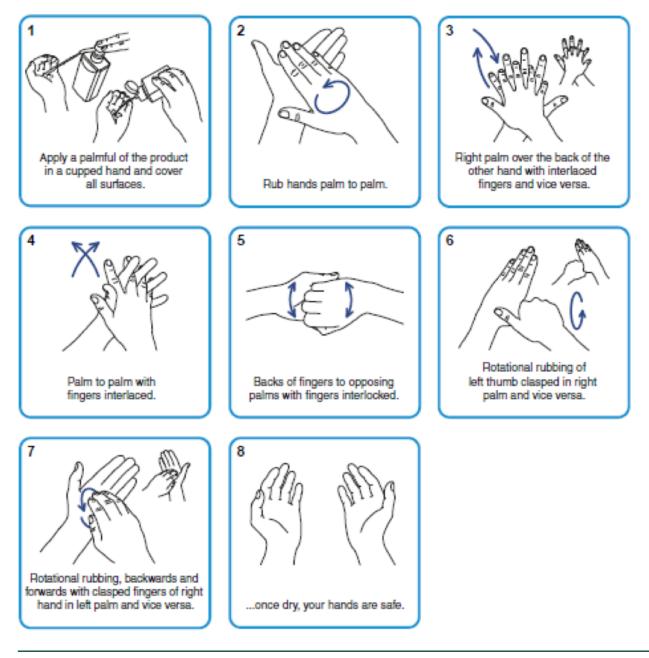






## **Best practice - how to hand rub**

Duration of the process should take 20-30seconds



### **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









