



April 2020

Infection Control Guidance – Protecting yourself and your family during COVID-19

To minimise the risk of infection, patient-facing staff should follow this guidance:

Do not travel to/from work in your uniform/work clothes;

- Carry your uniform/work clothes in a clean cloth bag (or clean disposable plastic bag)
- Ensure you change into your work uniform in the designated changing rooms
- Take work uniform/work clothes home in a cloth bag (or disposable bag).
- Once home, wash your uniform/work clothes and the cloth bag on their own at 40 degrees.
- If using a plastic bag, ensure that you dispose of this after each use.
- Uniforms should be laundered daily

It is vital to maintain social distancing as much as possible within the workplace. This is clearly challenging, but to protect colleagues and patients, please adhere to the following requirements:

- Maintain a two metre distance between yourself and others as you move around the site.
- Carefully consider / plan your route to and from buildings and areas to minimise footfall and touching of door handles, etc.
- Hold all meetings and conversations remotely. Where this is absolutely unavoidable, no more than five people should meet together and must maintain a two metre distance between each other.

If you have to travel to work to carry out tasks which are both essential and absolutely cannot be undertaken from home;

- travel by car and avoid public transport if possible.
- Staff car parking in most trusts is currently free.

PPE

The following procedures are currently considered to be potentially infectious AGPs for COVID-19:

- intubation, extubation and related procedures, for example manual ventilation and open suctioning of the respiratory tract (including the upper respiratory tract)
- tracheotomy or tracheostomy procedures (insertion or open suctioning or removal)
- bronchoscopy and upper ENT airway procedures that involve suctioning
- upper gastro-intestinal endoscopy where there is open suctioning of the upper respiratory tract
- surgery and post mortem procedures involving high-speed devices
- some dental procedures (for example, high-speed drilling)
- non-invasive ventilation (NIV); Bi-level Positive Airway Pressure Ventilation (BiPAP) and Continuous Positive Airway Pressure Ventilation (CPAP)
- High Frequency Oscillatory Ventilation (HFOV)
- induction of sputum (cough)
- high flow nasal oxygen (HFNO)

When performing the above procedures, the PHE guidance is to wear the following;

- Long sleeved fluid repellent disposable gown
- Respirator mask
- Eye protection
- Gloves

PHE have issued a number of guidance documents on **donning and doffing which can be found below**.^{*1}

For AGPs;

- **Donning** guidance can be found [here](#) and [here](#)
- **Doffing** guidance can be found [here](#) and [here](#)

For Non AGPs;

- **Donning** guidance for non-Aerosol generating procedures can be found [here](#)
- **Doffing** guidance can be found [here](#)

Standard PPE;

- **Donning** and **Doffing** guidance can be found [here](#)

*^{*1}All PHE documents are updated on a regular basis inline with current guidance so please ensure you are familiar with the most recent version.*