

IPC Bulletin for Care Homes

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COVID 19



Are you prepared for the coming Winter season ?

In addition to COVID - 19 continuing this winter, residents and staff in long-stay residential care homes are particularly susceptible to infections which normally increase over the winter months, such as seasonal influenza (flu) and stomach infections (such as norovirus).

1. Be Prepared

- Flu Vaccination—ensure residents and staff are immunised against flu
- Are IPC policies up to date and followed by staff
- Are all staff trained in PPE donning and doffing
- Ensure staff and residents follow good Hand hygiene
- Respiratory etiquette—Catch it—Bin it—Kill it

2. Identify infections early

- **Norovirus** symptoms are sudden onset of diarrhoea and/or projectile vomiting and nausea – other symptoms include raised low-grade fever, headaches and stomach cramps
- **Influenza/respiratory infections** symptoms can include high temperature, aching body, cough, headache, loss of appetite
- **COVID—19** symptoms are a new continuous cough, high temperature and a loss of, or change to the individual's sense of smell or taste. Assess all residents twice a day

3. Take immediate action

- If a residents shows symptoms of the above infections isolate them in their own room as soon as possible

4. Report the outbreak

- Flu and respiratory illnesses report to Public Health England on _____
- COVID suspected or confirmed report to Public Health England on _____
- Suspected Norovirus contact your local Infection Prevention Control Team/PHE teams

5. Stop the spread by

- All Staff should follow correct PPE guidance
- Frequent hand washing using liquid soap and warm water or using alcohol hand gel if no diarrhoea or vomiting
- Encourage residents to wash their hands
- Frequent disinfect hard surfaces using combined detergent disinfectant solution at a dilution of 1,000 parts per million available chlorine

Don't forget

Alcohol handrub is **not** effective at killing viruses that cause diarrhoea and vomiting, so hands should be washed with liquid soap and warm running water.

Visit our website to find lots of IPC resources, many of which are free to download. www.infectionpreventioncontrol.co.uk

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Or, find us on:

