

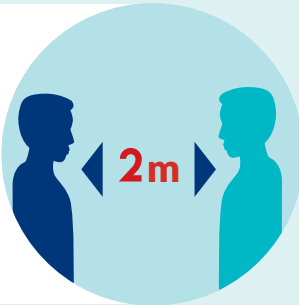
# Quick Reference Guide for Adult Social Workers

Before your visit, please contact the client to confirm if anyone at home has COVID-19 symptoms or if anyone at home is extremely vulnerable to COVID-19 and advised to shield.

**Do not go to work if you have symptoms of COVID-19 (a high temperature and/or a new continuous cough)**

**Please remember - when interacting with people at home always...**

Keep a  
minimum  
distance of  
2 metres  
where  
possible



Wash hands  
frequently  
(for at least  
20 seconds)  
or use hand  
sanitizer with  
a minimum of  
60% alcohol



Clean surfaces  
frequently  
including  
door  
handles,  
rails, hoists  
etc.



Avoid  
touching  
your face,  
nose and  
eyes



You shouldn't be providing direct care to a client. You should only need PPE if you are in a household where someone has COVID-19 symptoms and you cannot maintain 2 metres social distance, or if someone or is extremely vulnerable to COVID-19

## When do you need PPE?

If you are visiting any household where any member of the household is showing symptoms of COVID-19 (and self-isolating) or you are unable to make an assessment of COVID-19 status and you cannot maintain 2 metres social distance

**or**

If you are visiting a household where any member of the household is in the **extremely vulnerable group** advised to shield\*

## What PPE should you use?

- Disposable gloves
- Disposable plastic apron
- Fluid repellent surgical mask (\*you may use a simple surgical mask if you are visiting a household where someone is extremely vulnerable and advised to shield, and no one has COVID-19 symptoms)
- Eye protection (use if there is a risk of splashing)

## Safe use and disposal of PPE

- Follow the [guidance](#) on how to safely put on / take off PPE
- Use new gloves and apron for each client
- Use a new mask for each household
- Follow the [guidance](#) on how to decontaminate re-usable eye protection (if required) after use
- To safely dispose of PPE, double bag used apron, gloves and mask
- Set aside from other waste for 72 hours before disposal in general waste
- Wash your hands after taking off PPE and handling waste



**Guidance based on PHE advice 22 April 2020 and subject to change.  
Always check for updates on the [gov.uk website](#).**

**If you have concerns about your visit or PPE please speak to your manager.**