

## PROTOCOL FOR ENTERING CLIENTS HOME & DAILY HYGIENE (COVID-19)

### When arriving at the client on the first day and before entering the house:

1. Your temperature will be checked
2. You will be required to undergo a COVID-19 screening and risk assessment (if you are found to be a risk, then you will not be allowed to enter the premises)
3. Remove shoes and leave outside the front door. If these are shoes that you will be working in, please sanitize the top and the bottom of your shoes. If you are not working in these shoes and have a spare clean pair of sandals, slip slops or washable shoes, please leave your travelling shoes outside the front door.
4. Go straight to the shower (DO NOT TOUCH ANYTHING ON THE WAY, SIT DOWN OR GO ANYWHERE ELSE BUT THE BATHROOM), remove washable mask and clothing and place them in a packet or your handbag. Shower and wash body, face and hair with soap and water which is as hot as possible. If you do not choose to wash your hair, wrap your hair in a clean scarf
5. Change into your clean uniform.
6. *Put a clean fabric mask on. Always wear the mask whilst on duty except if you are outdoors and at least 2m away from your patient OR when on night duty and sitting in another separate room and not attending to the patient. If you are eating and drinking, choose an area either outdoors or a separate room from the patient. Apply your mask the moment you are finished. Wash hands well after handling your mask.*
7. Wear a clean plastic apron when working closely with your patient. Each caregiver will be provided with 2 per month. Wash regularly with soap and water or thoroughly sanitize it and reuse. Dispose when new ones are delivered.
8. Always wear gloves when changing diapers, bed bathing or when in contact with body fluids. There is no need to wear gloves during the working day or when preparing food.

**Please note that handwashing for 20 seconds is the ultimate way of preventing spread of Covid-19. Please wash hands at least every 2 hours and sanitize regularly, especially before preparing food and drink for the client.**

- Travel in your normal clothing and not in your working uniform
- Try to wear shoes that can be sanitized or washed such a plastic or rubber shoes
- Ensure you have 3 masks. One for travelling, one if needed at work and one spare. Wear your mask from the time you leave home. Avoid touching your mask and if you do, sanitize your hands
- If you use your mask during the day, fold it with the side that has been on your face on the inside and place in your pocket. Wash or Sanitize your hands immediately after touching the mask
- Sanitize your hands before entering transport and immediately when exiting the vehicle
- Always sanitize after handling money
- If you attend a funeral or travel home to an area where safe distancing has not been possible when you are off duty, please inform Charmaine. We will arrange for a pack of 3 ply medical masks to be delivered to you to wear when you get back to work for the period of 2 weeks*
- Try not to use or handle your cellphone when travelling (as these collect germs) and regularly clean and sanitize your phone
- If you are being collected from a pick-up point before starting a new client, sanitize your hands before entering the nursing sister's vehicle and please sit in the back of the vehicle
- Hair (including wigs and extensions) is to be kept neatly away from the face and neck. Put a clean scarf on your hair if you choose not to wash your hair when arriving at the patient
- Check your temperature when waking each morning and again before going to bed\_(do not eat or drink 30 min before). If your temperature is above **37.8 degrees**, wait for 30 min and recheck
- If your temperature is elevated or if you have any of the following symptoms, please inform your supervisor and we will give advice as to what to do
- Symptoms are: Cough, shortness of breath or breathing difficulties, high fever, chills and shaking, muscle pain, sore throat, new loss of smell or taste
- Please inform your supervisor immediately if any of your family members or close contacts appear to have these symptoms too
- Your supervisor will be visiting without warning from time to time for routine screening

### USEFUL NUMBERS:

**COVID-19 EMERGENCY HOTLINE - 0800 029 999**

**WHATSAPP SUPPORT LINE – 0600 123456**

**GOVERNMENT OFFICIAL HEALTH CHECK – DIAL\*134832# (FREE)**