

Back to Basics

As the use of personal protective equipment becomes part of our everyday procedures it can be easy to forget some of the basics that we can take to reduce the spread of infection.

Here's a reminder about some of the basic actions we can all take to protect ourselves, our patients and our families:



Follow the 'bare below the elbows' dress code.

The effectiveness of hand hygiene is improved when nails are natural, short and unvarnished, hands and forearms are free of jewellery and sleeves are above the elbow.



Immediately **wash hands** after removing and discarding PPE.

Wash forearms first. Forearms are exposed to respiratory secretions or other body fluids too. Wash hands often for **20 to 30 seconds** and encourage others to do the same in accordance with WHO '5 moments of hand hygiene'.



Use **hand sanitiser** only if no soap and water is available and rub for at least **20-30 seconds** until it feels dry. **Dry your hands thoroughly** using disposable paper towels. **Protect your skin** by using an emollient hand cream during work and when off duty. **Avoid touching** your eyes, nose and mouth with unwashed hands.



Washing your uniform

Wash your uniform **separately from other household linen** in a load not more than half the machine capacity at the maximum temperature the fabric can tolerate then iron and tumble-dry.



Clean surfaces

Disinfect surfaces that are touched often like computers, keyboards, door handles, chairs and horizontal surfaces like tables and worktops.



Staying at home

Stay at home if you feel unwell with recognised symptoms.



Removing uniform

Take your uniform off at work and transport it home in a disposable plastic bag which should be disposed of into the household waste stream.



'Catch it'

Use disposable, single-use tissues to cover the nose and mouth when sneezing, coughing or wiping and blowing the nose. If no tissues are available cover coughs and sneezes with the inside of your elbow or upper arm.



'Bin it'

Used tissues should be disposed of promptly in the nearest waste bin.



Keep hydrated

Don't wait until you're thirsty to drink. Drink cool water before you start your shift and **as regularly as you can** to reduce the possibility of dehydration.



Getting tested

Contact your line manager and we will arrange for you to be tested.



Practice social distancing

Stay 2 metres apart at work. Think about your distance in meetings and on breaks.



'Kill it'

Wash your hands after coughing, sneezing, using tissues or after any contact with respiratory secretions and contaminated objects.

For up-to-date infection control advice and other advice about our Trust's response to COVID-19 visit [Connect](#)