
**COVID-19 Infection Prevention and Control Guidance for
family and friends (informal carers) who support people in
their own homes
V1.0 14.12.2020**

**The most important things to do to protect a person you care for from
COVID-19 are:**

1. **Stay away** if you have symptoms of a viral infection and check with your doctor if you need a test for COVID-19. Stay away until 2 days after you feel better even if your doctor says you do not need a COVID-19 test. Stay away until 2 days after you feel better even if you had a COVID-19 test and the virus was not found.
2. **Protect yourself** from COVID-19 if you do not catch it you cannot spread it to the person you support and care for.

Introduction

Older people and some people with underlying health conditions are at greater risk of developing severe disease with COVID-19. It is very important to do everything possible to avoid bringing the virus into their home. Some people who are at greater risk may need support in their home like help with taking medicines, personal care, cooking, housework and similar tasks. People who have difficulty getting out of the house may also have people who come to provide companionship.

In some cases, this support is provided by health and social care workers but very often it is provided by family and friends.

Family and friends who visit their relatives/neighbours' homes to provide this support are sometime called informal carers. In this document, the term carer is used for convenience.

Purpose of document

The purpose of this paper is to explain the main things that you can do to reduce the risk that you bring COVID-19 to the person you care for and also to reduce the risk that you could catch COVID-19 from that person. There is a great deal of detailed additional information about COVID-19 on the [HSE.ie](https://www.hse.ie) or [HPSC.ie](https://www.hpsc.ie) websites if you want to find out more.

Scope

This guidance has been developed to help carers and people who are cared for on how to protect each other from COVID-19. It is also intended to help healthcare workers who advise people who provide care about how to keep safe from infection.

Brief background information on COVID-19

People almost always catch COVID-19 from being close to a person who is infectious. The person you catch it from might not have any way of knowing that they have COVID-19 at the time. The more people you spend time with, the greater the risk that you will catch COVID-19, especially if anyone you meet and spend time with has symptoms. The risk is greatest if you are close to people indoors. Generally speaking the fewer people you meet indoors the safer you are. If you stay safe then that helps to keep anyone you care for safe.

The virus which causes COVID-19 spreads mainly through droplets scattered by talking, laughing, coughing and sneezing. The droplets can land in a person's eyes, nose or mouth and this can cause infection. The droplets can also land on something like a table top or the cover of a book or magazine. The virus can survive on surfaces at least for hours. If someone touches something that is contaminated with droplets and then puts their hand to their eye, nose or mouth before they clean their hand this can also cause infection.

Fever, cough, shortness of breath and loss of sense of smell or taste are some of the common symptoms of COVID-19. Many frail older people may not have these symptoms when they first become ill. They may just feel generally unwell, lose their appetite, become confused and have an unexplained change in their baseline condition. Some people with COVID-19 have no illness at all but they might still spread COVID-19.

Before you visit

1. If you are caring for someone who is very vulnerable the first step in protecting them is protecting yourself. If you do not catch COVID-19 you cannot give it to them. This means being as careful as you can all of the time to avoid contact with a lot of people, especially indoors. When you do have contact with people keep as much distance as you can, clean your hands and wear a face mask if you cannot keep your distance.
2. Try to plan ahead and ask one or two people you know who could take over caring duties for you at short notice if you do not feel well.
3. Each day before you visit, check yourself. If you have symptoms of COVID-19 you should stay home and call your doctor and do not visit until you are told it is safe to do so. Further advice on what to do is available on www.hse.ie.
4. If you have symptoms it is safer not to visit until 2 days after you feel better. This is the same even if your doctor says you do not need a test for COVID-19 or if you have the test and the virus is not found on the test. You could still pass on cold and flu symptoms and create concern for the person you care for.
5. If you are advised to restrict your movements for any reason you should not visit until it is safe to do so. You might have to restrict your movements because you have been in contact with someone who has COVID-19, or because you have travelled from another country.
6. If you have travelled from another country follow current guidance on restricting movements. Further information is available at:
<https://www.gov.ie/en/publication/b4020-travelling-to-ireland-during-the-covid-19-pandemic/>.
7. If possible get some hand sanitiser or hand gel and check that you know how to use it properly - information on hand hygiene is available at <https://www2.hse.ie/wellbeing/how-to-wash-your-hands>. Soap and water work well also if you do not have hand gel.
8. Check that you have a cloth face covering or a mask and tissues and have a clean spare mask for the person you visit in case you need it.

9. If there are other items, you need like gloves or aprons check where you can get them and that you know how to use them safely and dispose of them safely when you are finished.
10. Each day before you visit, ask the person you care for if they have any symptoms that make you think of COVID-19. If you cannot check with them before you visit then check with them as soon as you arrive.

When you visit

1. On arrival check if the person you care for has symptoms of COVID-19. If they have, check if they need help to contact their GP. The GP will decide if they need testing and arrange testing if needed. If you need to stay with the person until care is organised keep as much distance from the person as you can and ask the person to wear a mask or face covering. Follow all the other the steps below as carefully as you can. These steps help to protect both of you.
2. If the person you care for has COVID-19 and you are continuing to care for them you should talk to a doctor or nurse who can tell you about extra precautions you can take. They may also be able to help you find out where you can get any gloves, aprons, gowns, masks or visors you might need.
3. If the person you care for has COVID-19 you will need to monitor yourself for signs and symptoms of COVID 19 and if you develop symptoms you will need to self-isolate and phone your GP.
4. Keep some distance between you and the person you care for when you can.
5. Clean your hands when you arrive and before you leave and from time to time while you are there. A step by step guide on hand washing and using alcohol hand rub is available in appendix 1 and 2.
6. If it is possible to do so without causing upset, wear a face covering when you are close the person you care for and if they are able to wear a face covering encourage them to do the same.
7. Place your face covering in a plastic bag when leaving and launder when you get home. If for any reason it is not practical for you to wear a cloth face

covering you may be able to use a visor. Visors do not provide as much protection as a mask, but they are better than no protection for your face.

8. Cover your coughs and sneezes with a tissue and encourage the person you care for to do the same. Discard used tissues into a waste bin immediately after use and clean your hands. If you do not have a tissue, cough into your forearm or the bend of your elbow and clean your hands afterwards.
9. Try not to touch your eyes, nose or mouth if your hands are not clean.
10. If the weather is OK and you are both comfortable to do so open the window or doors to help ventilate the house.
11. Normal household laundry practices can be expected to kill the virus that causes COVID-19.
12. Cleaning of dishes and cutlery can be done in the usual way.
13. Surfaces that are touched a lot should be cleaned regularly with detergent and water or a detergent wipe.

For more information, you can check out these websites:

- Further information on COVID-19 is available at <https://www2.hse.ie/coronavirus/>
- If you have symptoms of COVID-19 you should self-isolate and contact your GP by phone. Further advice on what to do is available on <https://www2.hse.ie/coronavirus/>
- A good resource for family members visiting relatives or neighbours is an information booklet for home help and personal assistants, which is available online:
<https://www.hpsc.ie/az/microbiologyantimicrobialresistance/infectioncontrolandhandguidelines/File,13739,en.pdf>
- Further information on managing COVID at home is available at:
<https://www.hpsc.ie/az/respiratory/coronavirus/novelcoronavirus/factsheetsandresources/Managing%20a%20COVID-19%20infection%20at%20home.V1.2.%2004122020.pdf>
- Further information on when to wear a face covering is available at:
<https://www2.hse.ie/conditions/coronavirus/face-coverings-masks-and-covid-19/when-to-wear.html>
- Further information on how to wash your hands is available at:
<https://www2.hse.ie/wellbeing/how-to-wash-your-hands.html>

Appendix 1

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 Duration of the entire procedure: 40-60 seconds



0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.



World Health Organization

Patient Safety

A World Alliance for Better Health Care

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Clean Your Hands

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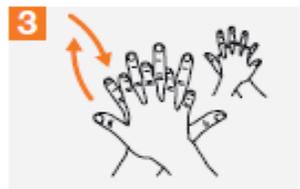
May 2009

Appendix 2

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

⌚ Duration of the entire procedure: 20-30 seconds

1a 	1b 	2 
<p>Apply a palmful of the product in a cupped hand, covering all surfaces;</p>	<p>Rub hands palm to palm;</p>	<p>Rub hands palm to palm;</p>
3 	4 	5 
<p>Right palm over left dorsum with interlaced fingers and vice versa;</p>	<p>Palm to palm with fingers interlaced;</p>	<p>Backs of fingers to opposing palms with fingers interlocked;</p>
6 	7 	8 
<p>Rotational rubbing of left thumb clasped in right palm and vice versa;</p>	<p>Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;</p>	<p>Once dry, your hands are safe.</p>

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<p>May 2000</p>		

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