

**STOP****DO NOT VISIT A RESIDENT BEFORE SEEING RECEPTION**

# Precautions for staff

## caring for aged care home residents who are suspected, probable, or confirmed COVID-19 cases\*

\*Use of P2/N95 respirator masks to care for aged care home residents with suspected, probable or confirmed COVID-19, should be implemented as advised by local/jurisdictional guidance regarding use of personal protective equipment in areas with significant community transmission of COVID-19. The Infection Control Expert Group has provided guidance regarding use of P2/N95 masks and protective eye wear/face shields in these circumstances at: <https://www.health.gov.au/committees-and-groups/infection-control-expert-group-iccg>

### Before entering a resident's room with suspected, probable, or confirmed COVID-19



#### 1 Perform hand hygiene

Wash hands with soap and water or use an alcohol-based hand rub. Rub all parts of your hands, then rinse and dry with a paper towel if using soap and water, or rub till dry if using alcohol.



#### 2 Put your gown on

Put on a fluid-resistant long sleeved gown or apron.



#### 3 Put on your P2/N95 respirator mask

- Hold the mask by its loops, then put the loops around your head.
- Make sure the mask covers your mouth and nose. Ensure there are no gaps between your face and the mask, and press the nose piece around your nose.
- Continue to adjust the mask along the outside until you feel you have achieved a good and comfortable facial fit.#



#### 4 Check the fit of your P2/N95 respirator mask

- Gently place hands around the edge of the mask to feel if any air is escaping.
- Check the seal of the mask by breathing out gently. If air escapes, adjust the mask, and check again, until no air escapes. It may be harder to get a good fit if you have a beard.
- Check the seal of the mask by breathing in gently. If the mask does not come in toward your face, or air leaks around the face seal, readjust the mask and repeat. You may need to check the mask for defects if air keeps leaking.
- Finally, completely cover the mask with both hands before breathing in sharply to ensure the fit is good.



#### 5 Perform hand hygiene again

Perform hand hygiene again after checking the fit of your mask, if you have touched your face. Then put on eyewear, and then gloves.

### After you finish providing care



#### 1 Remove your gloves, gown and eyewear

- Remove your gloves, dispose of them in a designated bin/garbage bag and perform hand hygiene.
- Remove your gown, dispose of it in the same bin and perform hand hygiene.
- Remove your eyewear, and place in a designated bin/garbage bag, if disposable, or in the designated reprocessing container if reusable.



#### 2 Remove your mask

Take the mask off from behind your head by pulling the loops over your head and moving the mask away from your face.



#### 3 Dispose of the mask

Dispose in a designated bin/garbage bag and close the bin/bag.



#### 4 Perform hand hygiene again

Wash hands with soap and water or use an alcohol-based hand rub.

### IMPORTANT

**To protect yourself and your family and friends, when your shift finishes, change into clean clothes at work, if possible, and put your clothes in a plastic bag.**

**Go straight home, shower immediately and wash all of your work clothes and the clothes you wore home.**

- !! Never touch the front of the mask after the fit check is completed, and while providing care.
- !! Change the mask when it becomes wet or dirty.
- !! Never reuse masks.
- !! Keep doors of rooms closed if possible.

### To help stop the spread of COVID-19 and other infections, always:

- ✓ Stay home from work if you are sick.
- ✓ Perform hand hygiene frequently, and before and after you attend every resident, and after contact with potentially contaminated surfaces.
- ✓ Follow respiratory hygiene and cough etiquette.
- ✓ Keep 1.5 metres away from other staff and residents, except when providing resident care, if possible.
- ✓ Ensure regular environmental cleaning, especially of frequently touched surfaces.
- ✓ Wear gloves and a gown or apron to handle and dispose of waste and used linen in designated bags/bins. Close the bags/bins, and perform hand hygiene after every contact.
- ✓ Clean and disinfect all shared resident equipment.

# There are many types of respirator masks. Follow the manufacturer's instructions for the brand you are using.