

Annex E - Quick glance sheet of recommended PPE for unpaid carers

Scenario	PPE recommended
1 When providing close personal care in direct contact with the person being cared for (e.g. touching) OR within 2 metres of anyone in the household who is coughing	Disposable Apron  Surgical Gloves  Fluid-resistant surgical mask  Eye/face ** protection 
2 Within 2m of, but not in physical contact with, someone you are caring for who is clinically extremely vulnerable	Disposable Apron  Surgical Gloves  Surgical mask * Type II 
3 When within 2 metres of person being cared for or household members but not delivering personal care or needing to touch them, and there is no one within 2 metres who has a cough	Surgical mask * Type II 
4 More than 2m from someone you are caring for who is clinically extremely vulnerable (while indoors)	Disposable Apron  Surgical Gloves  Surgical mask * Type II 
5 More than 2m from someone you are caring for (while indoors)	Surgical mask * Type II 
6 Carrying out an Aerosol Generating Procedure (AGP) on someone who is not suspected or confirmed to have COVID-19. If this is required please contact your LA/ LRF.	

*Fluid resistant surgical mask may be used instead

**Only required if there is a risk of droplets, e.g. the person being cared for is coughing/sneezing

Disposable gloves and aprons are single use and you must dispose of them immediately after completion of a procedure or task and after each person being cared for, and then clean your hands. You must take care not to touch your face, mouth or eyes when you are wearing gloves.

Note: PPE is only effective when worn properly, put on and taken off safely and combined with: hand hygiene (cleaning your hands regularly and appropriately); respiratory hygiene (“catch it, bin it, kill it”) and avoiding touching your face with your hands, and following standard infection prevention and control precautions (<https://www.nice.org.uk/guidance/cg139>). More detailed guidance on appropriate PPE in different scenarios can be found through the guidance on working safely in domiciliary care at <https://www.gov.uk/government/publications/covid-19-how-to-work-safely-in-domiciliary-care>. Video guidance on putting on and taking off PPE safely can be found at <https://www.youtube.com/watch?v=ozY50PPmsvE&feature=youtu.be>.