

Information for C4U staff Working with COVID-19:

What to expect when working at COVID-19 sites:

- Our Allocations staff will notify you of COVID-19 infections prior to placing you into a shift;
- C4U Allocators confirm with facilities that appropriate Personal Protective Equipment is available for you on arrival;
- We urge you to ensure effective use of personal protective equipment and follow relevant infection control requirements at each facility;
- Prior to attending your shift you will be advised if you will need to care for COVID-19 patients or residents;

What to do when working at COVID-19 sites:

- Ensure you always wear the appropriate PPE;
- Practice good hand hygiene at all times;
- Ask questions and seek guidance when you are unsure;
- We recommend that removing your uniform prior to leaving your shift and wash your uniform before prior to your next shift to prevent the spread;
- Please keep in mind, working COVID shifts does not mean you cannot work anywhere else. As long as you are wearing the correct PPE on your COVID shift you will not be limited to where you can work in the future;

Further Information:

Please remember we are here to help and support you with any questions;

Where to seek further help:

- We have a Registered Nurse lead COVID-19 team available to answer any questions, please email covid19@caringforyou.net.au
- You can contact our friendly Allocations team on 1300 369 206 with any questions related to your shifts;

Refer to our Website for useful links on:

- Fact Sheets from The Department of Health and Human Services for WORKERS IN RESIDENTIAL AGED CARE FACILITIES;
 - https://www.health.gov.au/sites/default/files/documents/2020/04/coronavirus-covid-19-information-for-workers-in-residential-aged-care-facilities_o.pdf
 - <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/coronavirus-covid-19-advice-for-the-health-and-aged-care-sector/providing-aged-care-services-during-covid-19>
- Correct procedures for Donning & Doffing of Personal Protective Equipment; (Please see below)
- ANMF evidence briefs on COVID-19 information for Healthcare Workers;
 - <http://anmf.org.au/pages/anmf-covid-19-evidence-briefs>
- Beyond Blue Support.
 - https://coronavirus.beyondblue.org.au/?utm_source=google&utm_medium=cpc&utm_campaign=covid-19_april2020&utm_targeting=brand-cvbb&utm_format=text_ads&utm_creative=eta&utm_id=covid-19&gclid=EAIaIQobChMIIsLOWhbDT6gIVlg4rCh3eyAp3EAYASAAEgLvD_BwE

Try to remember:

- The coronavirus pandemic is a challenge unlike anything Australia has seen before. As a healthcare worker, you may be feeling anxious, overwhelmed or unsure what lies ahead.
- Looking after your health and wellbeing is more important than ever.
- Continuing to live a healthy lifestyle as much as possible will help.
- Please remember Support services are available and it's vital that you use them when you need to.
- Staying connected to your loved ones is crucial.
- Accessing Support Services If you need assistance please visit the dedicated Beyond Blue Coronavirus Mental Wellbeing Support Service. Trained mental health professionals are available to talk to you 24 hours a day, 7 days a week, via phone.

Correct Procedure for Donning and Doffing of Personal Protective Equipment

Donning PPE:

Perform Hand Hygiene

Hand rub/gel application

- Applies gel into their cupped hand
- Rubs hands palm to palm, including in between the fingers & rubs the fingernails onto the open palm, ensures that the thumbs are rubbed & the back of the hands
- Allows hands to air dry prior to putting on gloves

Handwashing

- Wets hands & applies soap
- Rubs hands palm to palm, including in between the fingers & rubs the fingernails onto the open palm, ensures that the thumbs are rubbed & the back of the hands
- Rinses hands with water & dries them with either a single use towel or an air dryer

Don Disposable Gown

Demonstrates the correct procedure for donning a gown

- Fully covers the body from the neck to the knees
- Fastens straps with a bow or Velcro at the back of the neck & the middle of the back

Don surgical mask

Correct selection of mask for the situation, & applies it in a safe manner

- Selects the appropriate mask for the situation
- Securely ties the mask using either straps (always tied with a bow) or elastic bands
- Checks to see which side is the outside of the mask
- Checks to see that the nose band is located at the top of the mask
- Fits the mask & adjusts the nose band to fit snugly
- Checks that the mask fits well beneath the chin

Don P2/N95 mask (Only use these masks on the direction of the CCC or Home Manager)

Application of the mask & has an effective seal

- Removes glasses
- Ties back long hair (if applicable) so it does not become tangled in the straps of the mask
- Checks to see that the nose band is located at the top of the mask
- Places the headband or ties over the head and at the base of the neck
- Compresses the mask against the face to ensure a seal across the bridge of the nose
- Compresses the mask to ensure a seal across the cheeks and the face

- Conducts a fit check of the mask
 - o The mask sucks in towards the face upon inhalation
 - o The mask gently puffs outward upon exhalation
 - o There are no air leaks around the face seal
- Puts glasses back on (if applicable)

**Don
Protective Eyewear**

Putting on goggles/eyewear safely

- Puts on protective eyewear
- If user wears glasses puts eyewear on over their prescription glasses

**Don
Gloves**

Safely putting on correct gloves (Latex or Nitrile)

- Puts on gloves

**Doffing PPE
Doffs Gloves**

Safe removal of gloves without contaminating the hands

- Using a gloved hand grasp the palm area of the other gloved hand and peel off the first glove
- Hold removed glove in one hand
- Slide fingers of ungloved hand under the remaining glove at the wrist and peel the second glove off over the first glove
- Place the gloves into the infectious waste bin

Doffs Protective eyewear

NB: The outside of the gloves will be contaminated after use

Safe removal of eyewear

- Eyewear removed using the arms of the protective eyewear
- Discarded into either a container for cleaning or if single use, into the infectious waste bin

**Doffs
Gown**

NB: The outside of the eyewear is contaminated after use

Safe removal & disposal of the gown without contaminating themselves

- Unfastens the gown ties from behind, without touching the front of the gown or sleeves, starting with the waist tie, then the necktie
- Pulls gown down and away from neck and shoulders touching only the inside of the gown
- Turns the gown inside out, without touching the outside of the gown to their body
- Folds the gown into a bundle and discards into the infectious waste bin

Doffs Mask

NB: The outside of the gown is contaminated after use

Safe removal of the mask

- Grasps the bottom ties or elastic straps of the mask, followed by the top straps or elastic ties & removes the mask without touching the front of the mask
- Holding by the straps only, discards the mask into the infectious waste bin

Hand Hygiene

NB: The front of the mask is contaminated after use

Participant uses hand hygiene after doffing is complete

As always we would like to thank you for your incredibly hard work and dedication.