

COVID 19 Take Home Packs (Sanitisation) & FAQ

This take-home pack is intended to help you maintain home and personal sanitisation in our community. Our take home pack includes:

Refillable 50ml portable hand sanitiser – this is designed to be carried in your car or with you, so you have a sanitiser close to hand to use after either surface or person to person contact. For example; when picking your children up from school for use when entering the car to reduce the risk of spread into your home, after contact with a petrol pump or after using public transport if it is not possible to wash your hands.

500ml hand sanitiser – use this to refill you portable one. To be kept at home for use when you, your family or friends enter your home. Other examples include following contact with people at your doorstep such as a delivery driver. We cannot guarantee we can supply these indefinitely so you should hand sanitise at home with soap and water in preference to using this when you can.

Surface cleaner – for use at home on surfaces. Remember, to clean the commonly touched places such as door handles, sinks and taps, remote controls etc. As Covid 19 is a new virus it is not known exactly how long it can survive on surfaces, but we do know it is likely to have decreased significantly after 72 hours. We are currently researching which general household cleaning products are likely to be most effective.

Catch, bin, kill poster – as a reminder that Covid 19 can be spread via sneezing.

Hand cleaning and applying hand gel techniques – we know correct handwashing with soap and water and application of hand gel is part of what we all do every day, the poster is a reminder of these techniques but may also be helpful guidance for friends and family who do not work in the same type of environment as you all do.

General poster – covering the importance of hand washing.

This take home pack and measures we are putting in place within our offices are designed to reduce the risk of spread of the virus into our businesses, your homes and those of your friends and family.

1. Why no face masks?

Current guidance is that face masks are not necessary to protect against the virus they are recommended to be worn by people who have symptoms of the virus to reduce the risk of them spreading it to other people. Masks will be in Self-Isolation Packs.

2. Why no gloves?

Gloves are not recommended at this time unless working in areas of increased risk of contact with contaminants. Gloves will be in Self-Isolation Packs.

3. Can someone show me or remind me of good handwash technique?

Bath ASU are going to run some handwash demos over lunchtimes for those of us who have had that level of training or would like a reminder. Look out for a poster telling you where/when.

4. What do I do if I have flu like symptoms?

It is unlikely that you currently have the virus unless,

- you've recently been to a country or area with a high risk of Covid 19 – see Covid 19 advice for travellers
OR
- you've been in close contact with someone with Covid 19

There is an NHS Assessment Tool which can be found online at <https://111.nhs.uk/covid-19> This is designed to be completed if you have flu like symptoms **BEFORE** you call NHS 111 or go to your GP. This tool will take you through a series of questions about your recent travel and contact with people and will advise on whether you need to contact NHS 111 or not.

For further information, see www.nhs.uk/coronavirus

5. What do I do if I become unwell and believe I have been exposed to COVID-19?

Inform your line manager or H.R. immediately you become aware. We will advise on a case by case basis on what action to take based on your assessment with the NHS Assessment Tool and your role within the group.

6. What if I must go into self-isolation?

If your Doctor or NHS 111 directs or advises you go into self-isolation we will supply you with a self-isolation pack. This will be delivered to your house. The clinical teams are currently deciding what this pack will contain based on clinical needs and availability. We will let you know what will be in this shortly.