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### Coronavirus (COVID-19): what you need to do

#### Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home

Do not meet others, even friends or family.

You can spread the virus even if you don't have symptoms.

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Public Health  
England

Guidance

## Explanation of the updates to infection prevention and control guidance

Updated 4 April 2020

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## 1. Process for updating the guidance (as published on 2 April 2020)

Public Health England (PHE) has worked with NHS England and NHS Improvement, and the Devolved Administrations to review the UK's infection prevention and control recommendations for COVID-19.

PHE also consulted with the Royal College of Nursing, other Royal Colleges and professional societies.

Having assessed the available evidence and feedback received from guidance users, we have updated sections to improve the guidance and ensure that we continue to make recommendations that will help prevent the spread of COVID-

19 and keep people safe.

## 2. Main changes to the guidance

- three new tables have been added to clearly explain the PPE required for different common clinical scenarios – one for hospitals, one for primary care, outpatient and community care and one for ambulance and first responders
- an additional, fourth table describes when to use PPE for all patient encounters (not just patients with suspected or confirmed COVID-19) at a time when there is sustained community transmission of COVID-19, as is currently occurring in the UK, and the likelihood of any patient having coronavirus infection is raised
- the guidance explains that in some circumstances PPE can be worn for an entire session (such as a ward round) and does not need to be changed between each patient
- patient contact is now defined as being within 2 metres (rather than within 1 metre) of a patient, which is more precautionary and is consistent with the distancing recommendations used elsewhere
- hand-washing advice has been updated to include washing of forearms, when forearms have been exposed or may have been exposed to respiratory droplets or other body fluids
- FFP2 and N95 respirators may be used for some aerosol-generating procedures if FFP3 respirators are not available. FFP3 respirators offer a slightly higher level of protection than FFP2 respirators
- advice on re-usable PPE components, including the need to refer to manufacturer's guidance on decontamination
- recommendations about the use of facemasks by patients
- general formatting improvements to make it easier to access different sections of the guidance

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