



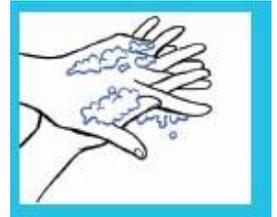
COVID-19 is a new infection. This leaflet is to inform you about how to prevent getting COVID-19, how to prevent transmitting it to others, and what you should do if there is an outbreak of COVID-19 in the care home.

**Two or more cases of possible COVID-19 cases in residents or staff from the same care home may indicate an outbreak.**

Respiratory illnesses can spread easily in care homes. If staff in the care home suspect an outbreak, they will ensure that measures are in place to reduce the risk of spread to other residents. They will also restrict visitor and resident movements.

The local Public Health England (PHE) Health Protection Team will support care homes by advising that

- adequate control measures are taken to prevent the spread of infection;
- affected residents or staff receive appropriate treatment; and
- residents, staff and carers receive appropriate and timely information on the measures being taken.



**What you can do to reduce the spread**

**Residents**

- Wash hands frequently with liquid soap and water and dry thoroughly with disposable hand towels.
- **'Catch it, Bin it, Kill it'**. Dispose of used tissues in the bin after single use. Do not use handkerchiefs. Then wash hands.
- If you have COVID-19 symptoms (new cough and/or fever and/or loss of normal taste or smell), do not mix with other residents and avoid communal areas if possible. You should stay in your room while you have symptoms as you could infect others.
- Discourage visitors as much as possible during the outbreak. Children or people who are vulnerable should not visit.
- Support the home by adhering to any other necessary restrictions

**Visitors**

- Carers, family and friends should not visit the home if they have a new cough and/or fever and/or loss of normal taste or smell. Support any restrictions the care home may put in place.

