

Altaira recognizes that our staff often work in clients' homes with vulnerable clients and in unsanitary conditions.

To prevent the spread of illness:

- Wash your hands and apply alcohol gel:
 - ❖ Before, during, and after preparing food.
 - ❖ Before and after caring for someone who is sick.
 - ❖ Before and after treating a cut or wound.
 - ❖ After using the toilet.
 - ❖ After any physical contact
 - ❖ After blowing your nose, coughing, or sneezing.
 - ❖ Between clients
- Gloves:
 - ❖ are a single-use item and should be changed after each use or upon completion of a task e.g. when changing your cloth to move on to the next task.
 - ❖ must never be decontaminated, for example with soap and water or alcohol based hand rub
 - ❖ must be changed if a perforation or puncture is suspected or identified.
 - ❖ must be changed after contact with cleaning chemicals which may compromise the barrier integrity of the glove.
 - ❖ To ensure no cross transmission of micro-organisms during the process of cleaning the environment, single use disposable gloves should be used.
- Ensure long hair is tied back
- Follow Food Safety processes as per your Food Safety training
- If responsible for food preparation or storage, check the client's fridge is at the correct temperature at each visit (less than 5C)
- If responsible for food preparation or storage, ensure that food is stored in airtight containers and on shelves – not on the floor
- Cover you cough or sneeze with a tissue and dispose of the tissue in the bin. If you do not have a tissue cough or sneeze into your elbow, not your hands
- Avoid close contact with people who are sick
- Stay home when you are sick
- Report signs of vermin e.g. droppings, or insect infestation to Altaira

If called upon to 'deep clean' a client's home which is in an unsanitary condition, follow the above advice and:

Document Name	Ensuring Infection Control in Clients' Homes	Authorised by	Clinical Operations Manager
Document Group	Work Instructions	Version No	1
Document Number	QMSW012	Issue Date	01/07/2017

- Wear long pants with socks and a long sleeved shirt
- shower and change your clothing as soon as possible, then wash your work clothing separately from your everyday clothes
- If necessary, put on a dust-filtration mask to protect your sinuses, mouth and lungs. These are available from Altaira. Please ensure you always have a spare in your cleaning kit.

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