

## **Appendix 14: SARS Home Isolation Pack; Instructions on Use**

**The following is supplied in your Home Isolation Pack to last 10 days**

- 50 Surgical masks
- 2 Boxes disposable gloves (1 large/1 medium)
  - Liquid soap
  - Paper towels/roll
- Disposable thermometers (temp-a-dot) x 20
  - Disposable cleaning cloths x 20
- Bottle Milton & instruction on use x 1 bottle
- Medium size clinical waste bags (yellow) x 10 & Neck tie x10

**Here are some instructions on the use of the pack**

### **1.0 Hand washing (Liquid Soap and paper rolls/towels)**

- 1.1 Hand washing should be carried out before and after contact with
- body fluids, especially urine, faeces, oral secretions and sputum
  - items known or considered likely to be contaminated with body fluids, especially respiratory secretions (e.g. oxygen tubing, masks, tissues etc) and immediately after removing gloves and other protective equipment.

### **2.0 Gloves (2 boxes disposable gloves (1 large/1 medium))**

- 2.1 These should be worn for all contact with infectious fluids or items e.g. urine, faeces, oral secretions and sputum or when using Milton for surface cleaning in the room where the person in isolation is staying and in the bathroom. Change the gloves after cleaning in each room.
- 2.2 Gloves should be discarded after each use and must never be washed or reused, discard in the clinical waste bag (yellow) provided
- 2.3 Wash hands after removal of gloves

### **3.0 Masks (50 surgical masks)**

- 3.1 The masks are for the use by the person in isolation to prevent dispersal of the virus into the air especially when there is another person in the same room.
- 3.2 The patient should be advised to cough/sneeze into a paper tissue and dispose of this safely into the toilet/or the clinical waste bag provided in the pack.
- 3.3 The mask should fit snugly over the face, with the coloured side out and the metal strip at the top. Position the strings to keep the mask firmly in place over the nose, mouth and chin. Mould the metallic strip to the bridge of the nose. Do not touch the mask again until it is removed.
- 3.4 Removal of mask should be followed by handwashing and the mask discarded by placing in the clinical waste bag provided.

- 3.5 A mask can be worn for up to 8 hours, but should be removed if it becomes damaged or wet.
- 3.6 A mask should be worn by the person in isolation: in the house especially if someone else is in the same room, and if in transit to hospital and when in the hospital.
- 3.7 The person in isolation should wash their hands frequently particularly after contact with respiratory secretions, urine or faeces (e.g. handling tissues or going to the toilet).
- 3.8 Hands of close contacts should be thoroughly washed before and after contact with patient and after activities that are likely to cause contamination.

**Wearing a mask minimizes the risk of spreading SARS to other people, however, other Infection Control procedures, particularly handwashing are also very important.**

#### **4.0 Temp-a dot (Disposable thermometers (temp-a-dot) x 20)**

- 4.1 The temperature of the person in isolation should be monitored at least once daily or as directed by your Doctor or Nurse. Use once and then discard.

#### **5.0 Cleaning (Bottle Milton & instruction on use x 1bottle)**

- 5.1 After daily cleaning in the normal way, disinfect the surfaces in the room the person in isolation is living in and the bathroom. A bottle of Milton and instructions have been provided for this disinfection.
- 5.2. Disposable cleaning cloths x 20 are provided to allow you to use one cloth in each of the two rooms and then discard at the end of each day.
- 5.3 Milton is provided for this surface disinfection. Please remember that this is a bleach like product and may stain materials or discolour surfaces so always use with care and as described in the manufacturers instructions enclosed/on the bottle.
- 5.4 Milton should be diluted 1 part Milton to 9 parts water.
- 5.5 Put down the lid of the toilet before flushing and ensure hands are washed before leaving the bathroom.

#### **6.0 Waste disposal (Medium size waste bags (yellow) x 10 & Neck tie x10)**

- 6.1 Contaminated waste from a household where there is someone in home isolation should be discarded as clinical waste. This will include masks, gloves, cleaning cloths, and any other items which may be contaminated with infectious body fluids e.g. respiratory secretions, faeces or urine which are not normally discarded down the toilet.
- 6.2 Neck ties are to be used for the secure closure of clinical waste bags.
- 6.3 Arrangements will be made by your G.P /Nurse to have the clinical waste bags collected.

## **7.0 Laundry**

- 7.1 Laundry should be laundered at the highest temperature recommended for the fabric and ideally in a separate wash from the remainder of the household laundry.