

## Info sheet 6: I am worried about letting my carer/ my child's carers into my home –what shall I do?

The current advice is that those who are vulnerable to Covid19, even people who have received a letter asking them to isolate for 12 weeks, can still receive visits from carers and healthcare professionals for essential care. Below are a few steps you can take if you are worried.

### STOPPING THE SPREAD OF CORONAVIRUS

All of us should follow the NHS hygiene guidance: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

#### DO

- ✓ Wash your hands with soap and water often – do this for at least 20 seconds
- ✓ Use hand sanitiser gel if soap and water are not available
- ✓ Wash your hands when you get home
- ✓ Carers to wash hands in the home of the person they care for
- ✓ Cover your mouth and nose with a tissue when you sneeze
- ✓ Cough into your sleeve/ elbow (not your hands)
- ✓ Put used tissues in the bin immediately and wash your hands afterwards

#### DO NOT

- ✗ Do not touch your eyes, nose or mouth if your hands are not clean

You should ask carers to wash their hands when they enter your home. Carers should also follow their agency and government advice and wear personal protective equipment (PPE) such as gloves, apron and a surgical mask in your home.

### MAKE A PLAN

If you have care provided by an agency you can contact them directly to confirm their infection control measures if you are worried.

It is also a good idea to discuss a plan for if your carer is ill or has symptoms of Covid19. This can be discussed with your care agency, and your local authority can also provide support. More guidance on this can be found through Carers UK:

<https://www.carersuk.org/help-and-advice/practical-support/planning-for-emergencies>

### WHAT IF YOU ARE A CARER WHO HAS ANOTHER JOB

Guidance for those who work is rapidly changing. It is best to speak to your employer about their policies on flexible working and carers leave. The latest government guidance for employees can be found here <https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-guidance-for-employees>.

### WHERE DO I GO FOR MORE INFO

Carers UK have more information here: <https://www.carersuk.org/help-and-advice/coronavirus-covid-19/coronavirus-covid-19>

A range of information can be found on the government website, with a special section and helpline for those who are extremely vulnerable. Search [www.gov.uk/coronavirus-extremely-vulnerable](https://www.gov.uk/coronavirus-extremely-vulnerable) or call 0800 028 8327.