

COVID-19 - TRUE OR FALSE?

MYTH "I don't need to worry about 'hands, face, space' anymore as I'm fully vaccinated and can't contract the virus..."



FALSE Having both vaccinations does not provide 100% protection against COVID-19. To protect everyone and break the chain of infection it's important that we continue to wear a mask, wash our hands frequently and practice social distancing.

MYTH "None of the individuals I support have symptoms of COVID-19 or have a positive test so I don't need to wear PPE..."

FALSE Regardless of whether the individuals you support have symptoms, PPE should always be worn as there is sustained transmission of COVID-19 in the community. This will help to reduce the risk to individuals and staff.

MYTH "COVID-19 can live on surfaces for weeks!"



TRUE On hard surfaces, viable virus can be detected for days to weeks. However, the risk of transmission via a contaminated surface is low as you have to pick up the virus on your hands then touch your face. Ensure all surfaces are frequently cleaned to reduce risk.

MYTH "It doesn't matter what mask I wear in a health and social care setting as long as I'm wearing one"



FALSE A homemade or cloth face covering will not adequately protect you, the people you care for and those you work with in a health and care setting. If you are providing direct personal care, then PPE guidance refers to using Type IIR disposable fluid resistant masks.

MYTH "I can sit in the staff changing area while I wait for the results of my lateral flow test"

FALSE It is recommended that staff rapid lateral flow testing takes places before a shift starts. Staff should not start work until the result of their lateral test is known and this includes entering the staff changing areas to reduce the risk to others.

MYTH "Coats and jackets of staff should not be hung together as there is a potential risk of transferring the virus"

TRUE Coats and jackets can be contaminated with respiratory droplets so when hanging them together there is potential for transfer to surfaces and hands which in turn if you touch your eyes and nose can potentially lead to infection with COVID-19.

MYTH "Fans are banned in Care Homes"

FALSE Although fans are not advised, they are not banned from being used in care homes. However, before using each time, a risk assessment should be completed and documented along with continual local maintenance and cleaning of fan blades. If a resident is in isolation, is symptomatic with respiratory symptoms or has a positive test result for COVID-19 then a fan should not be used.

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