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IFH Newsheet March 2020

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All of the following resources can be found in a new area of our [IFH website](#). This new web area will be further developed as need arises to provide additional information.

Contents;

- **IFH hygiene advice sheet: What you can do to protect yourself against infection – and how to make sure you don't spread infection to others revised 26th March 2020**
- **"Wash your hands frequently or use a hand sanitizer" – what does this actually mean for you? 14th March 2020**
- **COVID-19 Coronavirus: hygiene tips from the hygiene doctor**



CORONAVIRUS (COVID-19) INFECTION



What you can do to protect yourself against infection – and how to make sure you don't spread infection to others revised Updated March 24th 2020

A lot has happened since we prepared our first IFH hygiene advice sheet on coronavirus back in January when the infection was still mainly contained in China and Asian countries. Following the introduction of stringent social distancing measures in many countries across the world, we have realised that the January version was no longer adequate to meet public needs for information and hygiene advice now that many or most of us are living with cases in our local communities

This [revised advice sheet](#) (dated 24th March) summarises the various (and varying) situations in which you may find yourself in the coming weeks in your home and everyday lives, whether you are infected, self isolated, belong to a vulnerable group, or are trying to carry on with working in the community whilst also caring for yourself and others.

For each group this advice sheet summarises the general advice being given on how to comply with “social distancing” whilst also fulfilling family and work responsibilities.

The advice sheet also gives guidance on the hygiene measures which will best protect you from getting infected, and prevent those who are infected (some of whom will be unaware that they are infected and already infectious) from spreading their infection to other people. These measures are vital to halt the spread of the outbreak.

This sheet gives advice on social distancing measures in line with UK government advice, but these measures are largely applicable in most countries, although the details may vary. The hygiene advice however is applicable globally to all home and everyday life situations, but may require adaptation for situations in LICs where there are problem related to inadequate water and sanitation facilities.



"Wash your hands frequently or use a hand sanitizer" - what does this actually mean for you? 14th March 2020

Current UK government strategy is to delay the spread of COVID-19 infection to ensure that we have sufficient health service capacity to give those who become seriously ill the medical care that they need. Regardless of whether you are in “self isolation” to ensure that you do not spread the infection to others, or because you belong to a “vulnerable group” and have greater need to avoid infection, or whether you are trying to lead a “normal” life, hand hygiene is one of the key measures - to prevent you from becoming infected, and equally

importantly to stop you passing it on to others. Hand hygiene is just as, or more important, as physical distancing. Within your personal “1 metre” zone, you may be touching surfaces which

have been recently touched by others who have long since moved away.

The aim of this [advice sheet](#) is to help you understand what “wash your hands frequently” means in practice – and how to ensure that you don’t make things worse by practising excessive hand hygiene where you don’t need to and ending up with skin irritation.



COVID-19 Coronavirus: hygiene tips from the hygiene doctor

Over the last few weeks we have been listening to people’s concerns, studying research papers and evaluating government advice. Dr Lisa Ackerley has started a [blog](#) to address questions which have been

raised socially, in phone-ins on the radio and TV, and questions asked by the media. The aim is to provide comprehensive simple suggestions and practical tips on specific issues where people may be uncertain exactly what to do.

Topics currently included are:

- COVID-19 (coronavirus): General hygiene tips (1)
- COVID-19 (Coronavirus) Hygiene Tips: cleaning (2)
- COVID-19 (Coronavirus) Hygiene Tips. staying at home (3)
- COVID-19 Hygiene Tips: deliveries and post (4)
- COVID-19 Hygiene tips: the laundry (5)
- COVID-19 Hygiene tips – social distancing at home (6)
- COVID-19 Hygiene Tips - reducing food waste safely (7)
- COVID-19 Hygiene Tips - money! (8)

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