

We are told to stay 1.5 metres apart. How do I do this when I am showering someone?

When providing personal care or assisting with feeding, one cannot remain 1.5m apart.

- Phone ahead or speak to the person prior to entering (maintaining 1.5m) to determine if they are well.
- If you are unwell you should contact your supervisor and refrain from working.
- Be organised and well prepared before commencing every task.
- Maintain 1.5m distance wherever possible.
- Try to keep the time spent within the 1.5m space to less than 15 minutes.
- Adhere to your current infection prevention and control practices set out by your organisation.
- Wash your hands for at least 20 seconds after any personal contact or use alcohol-based hand rub.
- Should you or the person test positive for coronavirus (COVID-19), the person who is not infected, as well as other close contacts, will need to self-isolate for 14 days.
- If the person is positive for COVID-19, you will need to wear personal protective equipment (PPE), such as goggles, surgical mask, gown, eye protection and gloves, for all personal care and assisting with meals. Where possible the customer is to wear a surgical mask.

For further information see [Advice for use of PPE for workers in community settings](#).

- Page 3 – Different types of exposure (close contact, handling the person's, possessions and body fluids).
- Page 4 and 5 – Decision Tree on when and what PPE to use.
- Page 6 – The correct sequence for putting on and taking off PPE.

Reference

Government of Western Australia Department of Health (2020). [Advice for use of personal protective equipment for workers in community settings](#)