

GUIDE TO THE CORRECT USE OF YOUR PERSONAL PROTECTIVE EQUIPMENT

Please watch the demonstration video (film credits: Erica Jones, Beth Mann, Zoe Prettyman from Middleton Gardens):

[Stay safe using your Personal Protective Equipment \(PPE\)](#)

Within each “Stay Safe” pack you will have:

- Vinyl Gloves
- Face Mask
- Bottle of Hand Sanitising Gel
- Disposable bag

Each pack can be replenished to your individual needs and hand Gel bottle refilled

Powder free vinyl gloves come in Small, Medium and Large sizes. It is important to have the correct size to fit snugly not too tight that they split or too big that they gap and slip off.

1. As you park in the supermarket car park or shopping area apply your PPE before leaving your car
2. Put on your gloves first making sure that they are intact and fit snugly
3. Put on your face mask. Open the mask out *with the wired part at the top and darker side facing out*, hold elastic pieces in each hand and place the mask over your nose and mouth. The elastic fits behind your ears - pull the bottom of the mask under your chin and pinch either side of the nose (where the wire is) to give a close fit
4. Bring your disposable bag with you and place in an easy access place or fasten to your trolley
5. Keep your hand gel available
6. You are now ready to do your shopping
7. Always keep to social distancing 2 metres apart
8. On leaving the supermarket/shops, unpack your trolley into the boot of your car and return your trolley to the trolley park

Before getting back into your car you need to remove your PPE

1. Remove your gloves from the wrist turning them inside out as you take them off and place them in your bag
2. Rub your hands with the hand sanitising gel
3. Take off your mask by removing the elastic pieces from behind the ears - *Do not touch the front of the mask* and place into the disposable bag
4. Fasten the bag and dispose into a bin if available
5. Apply further Hand Gel thoroughly before getting back into your car

Back at home

1. When you arrive back at home, carry your bags into a set place in the house.
2. Wash your hands thoroughly
3. Unpack each item and wipe down with either disinfection spray or wipes before putting it away. If you have the space, you can put anything that can be left for at least 3 days, ideally 7 days separately (“Covid Corner”)
4. Wash your hands thoroughly

STAY SAFE – GENERAL ADVICE FOR MIDDLETON HALL RESIDENTS AND CO-OWNERS

(Taken from official government guidance)

1. Stay at home and, for residents, stay within the grounds of Middleton Hall if you can

2. Avoid having visitors

According to the latest government regulations, we have been advised that it could be an offence for anyone to visit Middleton Woods or The Waterside, apart from dropping off shopping, as the grounds do not constitute a public space.

3. Keep your distance from people outside your household

Whilst recognising this will not always be possible, it is important to be aware that the risk of infection increases the closer you are to another person with the virus, and the amount of time you spend in close contact with them.

Public Health England recommends trying to keep two metres away from people as a precaution.

4. Keep your hands and face as clean as possible

Wash your hands often using soap and water, and dry them thoroughly.

Where available, use sanitiser outside your home, especially as you enter a building and after you have had contact with surfaces. Avoid touching your face.

5. Avoid being face-to-face with people if they are outside your household

You are at higher risk of being directly exposed to respiratory droplets (released by talking or coughing) when you are within two metres of someone and have face-to-face contact with them. You can lower the risk of infection if you stay side-to-side rather than facing someone.

6. Avoid crowds

You can lower the risks of transmission by reducing the number of people you come into close contact with. For example, avoid peak travel times on public transport, where possible.

7. Wash your clothes regularly

There is some evidence that the virus can stay on fabrics for a few days, although usually it is shorter.

8. Face coverings

If you can, wear a face covering in an enclosed space where social distancing isn't possible and where you will come into contact with people you do not normally meet. This is most relevant for short periods indoors in crowded areas, for example, on public transport or in some shops.

Face coverings do not replace social distancing. If you have symptoms of COVID-19 (cough and/or high temperature), you and your household must isolate at home: wearing a face covering does not change this.

It is important to use face coverings properly and wash your hands before putting them on and taking them off.

You can [make face-coverings at home](#). The key thing is it should cover the mouth and nose.