

# Being Careful with Medicines Factsheet

## Coronavirus COVID-19

The Coronavirus COVID-19 pandemic has meant that pharmacies are much busier than usual as they are providing additional services and because of staff shortages. This means they have had to change the way they work to make sure everyone gets the medication they need.

### Medicine Packaging

If you, or someone you support, takes regular medication, they may receive it in different packaging to normal.



You may usually receive a blister pack from the pharmacy that looks a bit like this.

You may need to buy a new dosette box for someone but we know they are in short supply.



Medicines may be received in their original packaging (box or bottle) which means the person administering the medicine must be very careful to give the right medicine at the right time and in the right dosage.

- Observe NHS guidelines on good hygiene and wash your hands before you administer any medicines.
- Make sure you have any equipment you need before you start e.g. glass of water.
- Check the medicine type and dosage needed. Carefully read the label every time.
- Make sure the correct person's name is on the box or bottle.
- If you are administering medicines from the original packaging, make sure the information printed on the tablet strip matches what is written on the box.
- If there is more than one person in the house who takes medicines, keep them separate so there is no chance of them being mixed up.
- Only administer one medicine at a time and put the strip back into the correct box before you get out the next one to avoid muddling them up.

- Use tablets from a strip in consecutive order to avoid being left with odd tablets in empty strips.
- Be extra vigilant where someone takes the same medicine in different strengths at different times of the day e.g. epilepsy medicines.
- Ensure medicine that needs to be kept cold is stored safely with all labels clearly showing on the bottle/packet.
- Make a note of what medication has been taken and when as you usually would and in line with the care and support plan.
- Repeat prescriptions should be ordered in the usual way but plan for delays so they don't run out.

## Hygiene Reminders

It is really important to follow a strict hygiene and cleaning routine when providing care and support to help protect you and the person you are caring for. Personal Protective Equipment (PPE) such as gloves, aprons and facemasks are good to use but we know they are in short supply.

- Cleaning areas with normal household disinfectant will reduce the risk of spreading germs.
- If someone is suspected of having coronavirus or showing symptoms, only use gloves (including washing up gloves)/aprons etc. once before throwing away. They should be double-bagged and put aside for 72 hours before being put in the dustbin.
- Use disposable cloths for cleaning. You can use regular household cleaning products. Remember frequently touched areas – handrails, doorknobs, toilet flushes and taps – must be cleaned very regularly.
- Avoid creating splashes when you clean.
- Wash clothes on the highest temperature they will allow (60°C if you can) and make sure they dry completely.
- Do not shake laundry; if the virus is present, it will spread into the air.
- Clean and disinfect anything that has been used to transport dirty laundry e.g. wash baskets.
- Items that have been heavily contaminated with bodily fluids and cannot be washed in the washing machine should be disposed of safely.
- Wash your hands regularly with soap and water for 20 seconds.
- Always use a tissue if you cough or sneeze and dispose of the tissue immediately.
- If you start showing symptoms, you must stop work. You and your employer should have a contingency plan in place in case this happens.

Penderels Trust provides support to people who receive a direct payment. There is lots of information and advice on our website for direct payment users and the personal assistants who work for them. Please visit [www.penderelstrust.org.uk](http://www.penderelstrust.org.uk) and go to the Coronavirus box on our home page.