

Mobile phones and Covid-19 guidance



Mobile phones, hand held computers and radios are widely used in workplaces, especially in the utilities and delivery sectors. For many jobs they have become essential.

Mobile phones should be treated as an extension of your hand, meaning anything on your hand can be transferred to the phone. So, minimising mobile phone use, hand washing, disinfectant wipes, headphone and speaker use and washable covers should all be encouraged.



Complete mobile phone restriction in the current situation would be near impossible and may contribute to a breakdown of communication in a time when swift and open lines of communication are crucial.

The available recommendation from the mobile phone industry is to use biocide (70% isopropyl alcohol hand sanitiser or Clorox Disinfecting Wipes) for cleaning mobile phones routinely.

Steps to follow

- **Do not share phones**
- **Where possible use on speaker or with headphones to minimise contact**
- **Before starting to clean, turn off the phone and remove the case, accessories and any cables**
- **Use a soft, lint-free, waterproof and dust-proof wipe, such as a camera lens wipe, to gently wipe the surface of the device.**
- **Lightly dampen a corner of a washcloth with a small amount of biocide and gently wipe the front and back of the phone.**
- **Avoid entry of moisture through any openings and do not use liquid directly on the phone.**
- **Do not use or spray bleach or any cleaning solutions directly on the phone.**
- **If you have the NHS App and do not have your phone, for example because it is stored in a locker or communal area, then pause the contact tracing function ('trace') in the app – this is to avoid the app picking up contacts when the individual is not with their phone.**