Self-isolation guidance

There has been further written clarification from the Government about self-isolating. The current Government guidance is:

If you have symptoms

If you have symptoms of coronavirus, you'll need to self-isolate for 7 days.

After 7 days:

- if you do not have a high temperature, you do not need to self-isolate
- if you still have a high temperature, keep self-isolating until your temperature returns to normal

You do not need to self-isolate if you just have a cough after 7 days. A cough can last for several weeks after the infection has gone.

If you live with someone who has symptoms

If you live with someone who has symptoms, you'll need to self-isolate for 14 days from the day their symptoms started. This is because it can take 14 days for symptoms to appear.

If more than 1 person at home has symptoms, self-isolate for 14 days from the day the first person started having symptoms.

If you get symptoms, self-isolate for 7 days from when your symptoms start, even if it means you're self-isolating for longer than 14 days.

If you do not get symptoms, you can stop self-isolating after 14 days.

The full NHS England guidance can be found here:
https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/

Please continue to use the 111 Online tool (https://111.nhs.uk/service/COVID-19/) to identify the government guidance for you. The government is asking that calls to 111 only happen if there is no internet connection or there are further concerns after using the online tool. If someone we support appears to be showing symptoms then the same process for seeking medical guidance (i.e. 111) must be sought. Following this contact must be made with your Manager where a decision will be taken on next steps. Decisions will be taken on a case by case basis based on the medical guidance provided.

As I have previously stated, you will continue to come across a lot of stories about Covid-19 from various sources however, as an organisation we continue to follow guidance set by Public Health England (i.e. the Government) along with our partners in the local authorities.

The government guidance can be found here:
https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance

The following has been put together by the BBC which is a good 'easy read' version of what people need to do:
https://www.bbc.co.uk/news/health-51711227

Infection Prevention & Control

We are in the process of sourcing additional supplies to replenish existing stocks of PPE and other equipment. Whilst these are being distributed please remember the essential tasks of washing your hands regularly, good hygiene practices and following the cleaning matrices.

Hand washing	Wash your hands more often than usual, for 20 seconds using soap and hot water, particularly after coughing, sneezing and blowing your nose, or after being in public areas where other people are doing so. Use hand sanitiser if that's all you have access to but hand washing should be carried out if facilities are available. Below is a video giving guidance on proper hand washing. Towels should be avoided where possible and paper towels used. Hand washing should occur at regular intervals but particularly before and after: • providing personal care to someone we support, • preparing and eating food, • using the toilet or other personal health needs, • after touching surfaces which haven't been recently cleaned including outdoor areas, • after touching animals • after blowing your nose, coughing or sneezing.
Hygiene practices	To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve (not your hands) if you don't have a tissue, and throw the tissue away immediately. Then wash your hands (or use a hand sanitising gel if hand washing facilities are not available). Avoid touching your eyes, nose, and mouth with unwashed hands.
Cleaning	Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people. If you are a laptop, computer or mobile phone user then cleaning of these devices should be undertaken regularly including after each use if they are a communal device. Please ensure that appropriate cleaning materials are used on screens to avoid damaging them.
Visitors	Visitors are not allowed to visit services unless authorised by the site Manager/Head Teacher.
Safe handling	Use of PPE when providing personal care or handling soiled / bloodied items including correct use of waste removal.
Reporting	Reporting any concerns / risks relating to infection prevention and control through managers.

Where anyone suspects any risks of infection or contamination then this must be reported to your line Manager immediately who will then inform Tom Massie (or another member of the EMT in his absence). Where you suspect risk of infection for someone we support then medical support must be sought immediately.

Safe use of PPE

Supplies of PPE are becoming harder to source so where PPE is supplied please ensure that this is used only when necessary which will ordinarily be to support someone who is displaying symptoms of the virus. Managers will be maintaining an itinerary of PPE to ensure appropriate use. Please continue to observe the hygiene practices stated above at all times.

Below are guides for the donning and doffing of PPE:

Putting on (donning) PEE:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874328/PHE_COVID-19_Donning_quick_guide.pdf

Removal of (doffing) PPE:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874325/PHE_COVID-19_Doffing.pdf

Self-Care

The government has issued guidance on the mental health and wellbeing aspects of Covid-19. It provides some usual information about how you can support yourself and others during this time.

The full information is available at the following link:

https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing

In addition to this you will begin receiving information from our Integrated Therapies Team to support caring for the mental health and wellbeing of you and others around you. Please look out for these messages and get in touch if you have any further questions.

Message from Department of Health & Social Care

We have received a message from the Department of Health & Social Care which we have shared with you below in case you have not seen it:

Department of Health & Social Care

Coronavirus Social care update

A message from the Health and Social Care Secretary

To my brilliant colleagues in social care,

The last few weeks have been difficult for all of us. I am acutely conscious that you, along with colleagues across the health and social care system, are on the front line caring for and supporting people in incredibly challenging circumstances. Many of the people you care for will be in groups that are at higher risk from Covid-19 and I know that you will have naturally felt concerned for them. At the same time, you will have been grappling with the same issues we all face: how we can best keep ourselves and our loved ones healthy, juggling our own personal caring responsibilities, and looking out for our friends, our neighbours and communities.

My main message to you is simple: thank you.

Thank you for going the extra mile to make sure the people who rely on you are supported. Thank you in advance for the difficult decisions you will have to make that will keep as many people as possible safe. Thank you for taking on extra shifts to cover for those who need to isolate or have their own caring responsibilities. Thank you for doing the right thing by isolating if you or somebody you live with has symptoms. Thank you for everything you are doing this week, next week and in the months to come.

We face more difficult times ahead and I know you will have been personally impacted by the measures we have had to take to reduce the spread of Covid-19. Whilst many people are now staying at home, I know that is not an option for most of you as your work, caring for others, cannot be done from home. We will do all we can to make your lives easier during this period, including, for example, making parking on council owned on-street spaces and car parks free for those who work in social care.

The Government is releasing advice and information updates daily and we are working round the clock to make sure you and your employer have the information, equipment and resources you need. For those of you that use Twitter, please follow the Department for Health and Social Care (@DHSCgovuk) for the latest information. We will also make it available through other channels. I also want to reiterate what the Chancellor has said: we are committed to doing whatever is needed; that promise applies just as much to social care as it does for the NHS.

Thank you again for everything you do.

- Matt Hancock, Health and Social Care Secretary

Government Information Sharing

I have shared previously that as an organisation we are following guidance from official sources such as government and NHS websites. There is a lot of misinformation in the public domain which is not helping the situation. To help combat this the government has implemented an Information Service on WhatsApp which allows people to ask questions about Covid-19.

Launched this week, the GOV.UK Coronavirus Information Service is an automated 'chatbot' service for the British public to get answers from the Government to the most common questions about Coronavirus. The service will provide information on a range of topics including Coronavirus prevention, common symptoms, the latest number of cases in the UK, advice on staying at home, when to travel and myth busting. The service will also allow the Government to send urgent messages to all users who opt in.

This will provide another route to information for the British public and take some of the burden away from care services, unpaid carers and NHS services.

To use the free GOV.UK Coronavirus Information Service on WhatsApp, simply add 07860 064422 to your phone contacts and message the word 'hi' in a WhatsApp text to get started.

COVID-19 (Coronavirus)

As part of our ongoing communications, we would urge you to sign up for our Facebook and Twitter feeds as news concerning Phoenix is being continually updated. You can also see the fantastic work going on across the Group.

Please click the links below.

PhoenixLearningAndCareGroup   PhoenixLCG