



COVID 19 - Pandemic Guidance - TOOLBOX TALK

Prepare:

As government guidance is changing rapidly the person giving this talk should be aware of current information and are advised to visit <https://www.gov.uk/coronavirus>

Reason:

COVID-19 is a respiratory disease that can affect your lungs and airways. It is caused by a virus called C. The virus started in Wuhan, China in the latter part of 2019 and quickly spread throughout the world causing The World Health Organisation to declare a global pandemic in March 2020. As a result of this, many countries have implemented measures to control the spread of the virus. In the UK, legislation has been passed in the form of The Coronavirus Act 2020 which sets out measures in response to the outbreak. As guidance and rules can change quickly in response to the virus, please keep up to date with government guidance via the GOV.UK and NHS COVID websites.

Outline: This talk will cover:

How does Coronavirus Spread?

People infected with COVID-19 can spread the virus through their respiratory secretions, especially when they cough or sneeze. Most likely among close contacts. If a person is infected while working it can be passed on through families and other contacts. You can spread the virus even if you don't have symptoms. The measures necessary to minimise the risk of spread of infection rely on everyone taking responsibility for their actions and behaviours.

It is suspected that a person can get Coronavirus by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

What are the Symptoms?

People with COVID-19 have had a wide range of reported symptoms ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with the following symptoms may have COVID-19:

The majority of people with coronavirus have at least 1 of these symptoms:

- High temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- Continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- Loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

How can I protect myself from the Coronavirus?

HANDS - Wash your hands regularly and for 20 seconds. If not available, use hand sanitiser when possible

FACE - Although no longer a legal requirement in certain situations, wearing a face-covering is advised in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet. To check which situations are required legally to wear a face covering, please check current government guidance

SPACE - Keep a distance from anyone displaying symptoms of COVID-19

What should I do if I become ill?

People at high risk of coronavirus are advised to follow the same guidelines as everyone else.

This means you are no longer advised to stay at home or shield. There are still things higher risk people can do to protect themselves such as getting both doses of the COVID-19 vaccine, limit the number of people you meet and avoid crowded areas, wear a face covering when it is hard to stay away from other people and more. Guidance can be found on the NHS website.

If you have tested positive

If you test positive, your self-isolation period includes the day your symptoms started (or the day you had the test, if you do not have symptoms) and the next 10 full days. If you get symptoms while you're self-isolating, the 10 days restarts from the day after your symptoms started.

When to stop self-isolating

You can stop self-isolating after 10 days if either:

- You do not have any symptoms. You just have a cough or changes to your sense of smell or taste – these can last for weeks after the infection has gone

When to keep self-isolating

If you have a high temperature after the 10 days or are feeling unwell, keep self-isolating and seek medical advice.

Contacted by NHS Track & Trace

- you get a text, email or call from NHS Test and Trace telling you to self-isolate
- you get an alert from the NHS COVID-19 app telling you to self-isolate.

Your self-isolation period includes the day you were last in contact with the person who tested positive for COVID-19 and the next 10 full days. Double jabbed individuals and under 18's who are identified as close contacts by Test and Trace will be advised to take a PCR test as soon as possible. As double-jabbed people identified as close contacts are still at risk of being infected, people are advised to consider other precautions such as wearing a face-covering in enclosed spaces and limiting contact with other people, especially with anyone who is clinically extremely vulnerable. They will not be required to self-isolate while they wait for the results of the PCR test.

It's a legal requirement to self-isolate if you are told to by NHS Test and Trace and could be fined if not doing so.

What if someone I live with has tested positive?

Firstly, check government guidelines on self-isolation when living with someone who has tested positive

If someone you live with tests positive, your self-isolation period includes the day their symptoms started (or the day they had the test, if they do not have symptoms) and the next 10 full days. You can stop self-isolating after 10 days if you do not get any symptoms. If symptoms do start to show, get a PCR test to check if you have COVID-19. If this proves negative, carry on isolating for those 10 days. If the test is positive, the 10 days restart from the date your symptoms started.

People who are double jabbed or aged under 18 will no longer be legally required to self-isolate if they are identified as close contact of a positive COVID-19 case. These groups are advised to get a free PCR test as soon as possible. While awaiting the results of the PCR test, self-isolation is no longer required. However, if the test proves positive, self-isolation must start. Please follow government guidance on isolation duration.

General Hygiene

Good hygiene measures should be followed.

Catch any coughs or sneezes in a tissue or in the crook of your elbow.

Wash your hands regularly with soap and water for at least 20 seconds or use a 60% alcohol hand sanitiser.

Surfaces should be cleaned down after use.

Avoid touching your eyes, nose or face and avoid spitting wherever possible.

Extra cleaning should be undertaken on any surfaces which come into contact with people.

High-risk areas include taps, handles, handrails, machinery, equipment controls, welfare surfaces and telephones.

Self-Isolation

If you have any symptoms of COVID-19 you must not go to work and seek government guidance on testing procedures and isolation.

If you have been in close contact with someone who has tested positive for COVID-19, your self-isolation will depend on a variety of factors such as vaccine status, age etc. Please seek government guidance on self-isolation procedures.

