COVID-19 Information Session

A public health briefing for voluntary and community sector organisations
August 2020

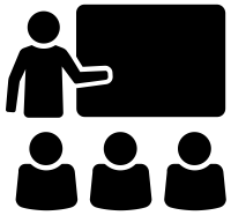
Accurate as of 10th August 2020

This presentation aims to help local voluntary and community sector organisations gain a clear understanding of how to manage the spread of COVID-19, what to do when anyone has symptoms or a positive test, and where to find the guidance for their settings.

This presentation will cover

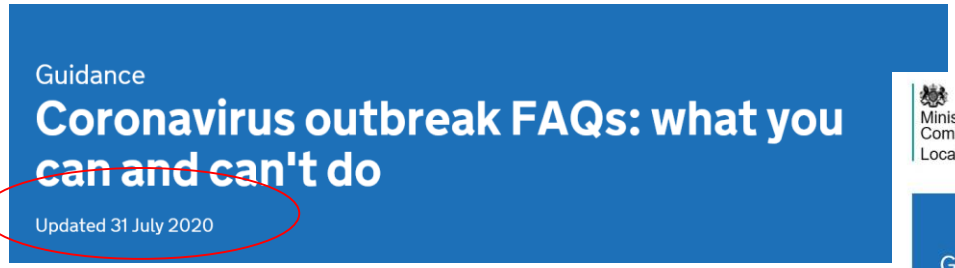


- Information on COVID-19 (coronavirus)
- Key facts of the national and local picture
- Guidance on the use of face coverings
- Actions we can take
  - Prevention
  - If a person has symptoms
  - If a person tests positive
- Key contacts and useful information

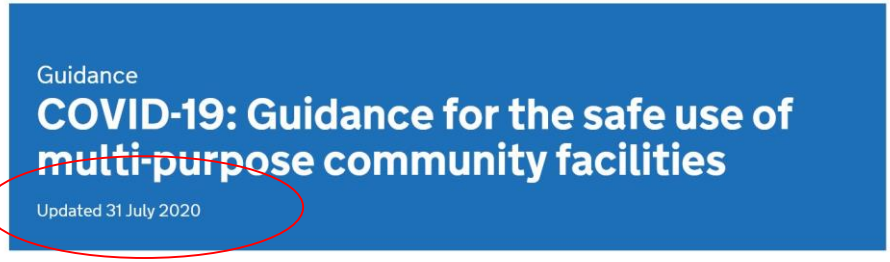


Aim

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Ministry of Housing, Communities & Local Government



It remains the case that you should not:
•interact socially with anyone outside the group you are attending a place with, even if you see other people you know, for example, in a restaurant, community centre or place of worship
•hold or attend celebrations (such as parties) where it is difficult to maintain social distancing

•You can meet in groups of up to six people who you do not live with or who are not in your support bubble.

•You can also meet people in groups of more than six people if everyone is exclusively from two households (anyone in the same support bubble counts as one household).

•It is against the law for gatherings of more than 30 people to take place in private homes (including gardens and other outdoor spaces). However, premises or locations which are COVID-19 Secure will be able to hold more than 30 people, subject to their own capacity limits.

•Guidance is available at: https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of-multi-purpose-community-facilities/covid-19-guidance-for-the-safe-use-of-multi-purpose-community-facilities

Guidance for VCS organisations

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- Community facilities which serve as premises for early years provision and childcare have been allowed to open for this purpose from 1 June
- Community facilities can open for the provision of other services for children and young people
- Community facilities are currently able to open for essential voluntary activities and urgent public services, such as food banks, homeless services, and blood donation sessions
- Clubs or groups that use community facilities can begin to meet again and facility managers should follow COVID-19 secure guidelines to facilitate that. Additionally:
  - People meeting in a club or group context at a community centre should be encouraged to socially distance from anyone they do not live with or who is not in their support bubble
  - community facilities should not permit indoor performances, including drama, comedy and music, to take place in front of a live audience
- Indoor sporting facilities, fitness centres and dance studios can now open

Permitted activities in multi-use community facilities

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Transmission of COVID-19 mainly occurs through



Droplet - direct transmission from coughs and sneezes

Contact – indirect transmission by touching objects with the virus on it





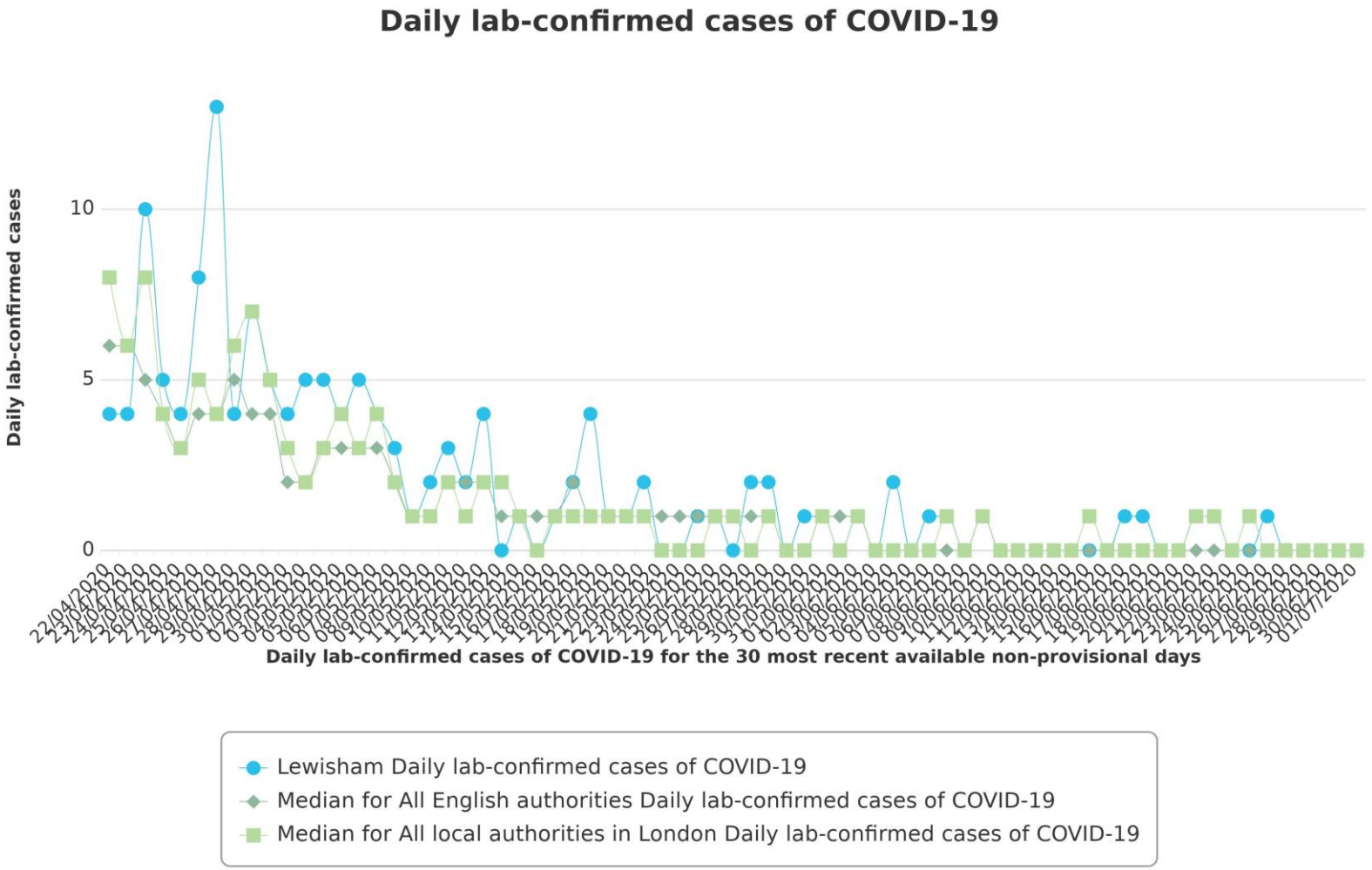
For someone to be infected, the virus needs to get into your system via your eyes, nose or mouth.



Which is why we should avoid touching our faces and wash our hands







Source:
Name: Daily lab-confirmed cases of COVID-19, Public Health England, **Data updated:** 04 Jul 2020

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COVID-19 cases in Lewisham

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Minimising contact with individuals who are unwell, confirmed or suspected cases do not attend gatherings

Cleaning hands more often than usual – hands should be washed thoroughly for 20 seconds or use alcohol hand sanitizer

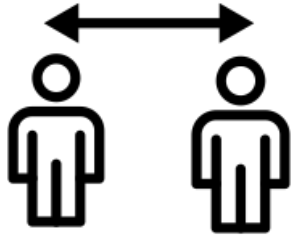
Catch it, bin it, kill it approach to ensure good respiratory hygiene





Cleaning frequently touched surfaces – using standard household cleaning products i.e. detergents and bleach

Minimsing contact and mixing by altering the physical environment (e.g. congregational layout)



Preventing the spread

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- In England, face coverings are currently required by law to be worn in the following settings: **shops, supermarkets, indoor transport hubs, indoor shopping centres, banks, building societies, post offices and on public transport.**
- From 8 August, face coverings are now also required by law to be worn in a greater number of public indoor settings including: **museums, galleries, cinemas, places of worship, libraries and public reading rooms, funeral service providers (funeral homes, crematoria and burial ground chapels), community centres, youth centres and social clubs and public areas in hotels and hostels**
- Evidence suggests they do not protect you, But may provide some protection for others you come into close contact with if you have COVID-19 and are not displaying symptoms.
- Face coverings are not a replacement for the other ways of managing risk, including social distancing, minimising time spent in contact, and increasing hand and surface washing.

When do you need to use a face covering?

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Volunteers and staff, who wear face coverings to offer protection to others should use them properly:



- Thoroughly wash hands before putting them on and taking them off.
- The key thing is they should cover the mouth and nose and fit well around the face.
- Face coverings should not be used by young children or those who may find it difficult to manage them correctly.
- A face covering is not the same as the surgical masks or respirators used by healthcare and other workers as part of personal protective equipment.
- In England, members of the public are strongly urged to wear a face covering in hospital and it is mandatory to wear a face covering on public transport, in shops/supermarkets, indoor transport hubs, indoor shopping centres and banks.
- Face coverings should not be used by children under the age of 3 or those who may find it difficult to manage them correctly (those under the age of 11 do not need to wear them).
- Please be mindful that the wearing of a face covering may inhibit communication with people who rely on lip reading, facial expressions and clear sound.
- Do not touch the front of the face covering, or the part of the face covering that has been in contact with your mouth and nose.
- Once removed, store reusable face coverings in a plastic bag until you have an opportunity to wash them.
- Wash your face covering regularly and follow the washing instructions for the fabric. You can use your normal detergent. You can wash and dry it with other laundry.

How to wear a face covering

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- As Director of Public Health I made a helpful video showing the correct way to use your face covering.
- Please open this link in Google Chrome to view the video: https://twitter.com/lewishamcouncil/status/1288504565671669764?s=21

Are you wearing face covering correctly?

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Keep your volunteers and staff safe

- Carrying out a **COVID-19 risk assessment** https://www.hse.gov.uk/simple-health-safety/risk/risk-assessment-template-and-examples.htm
- The **COVID-19 risk assessment should** take into account the core guidance on social distancing and will be in addition to any risk assessment which is already in place for the community facility
- Ensure that gathering limits, where set locally, are adhered to
- Volunteers and staff should be encouraged to move on promptly, to minimise the risk of contact and spread of infection
- Developing cleaning, handwashing and hygiene procedures - on entering and leaving a community facility everyone, including staff, should be asked to **wash their hands thoroughly for at least 20 seconds using soap and water** or to use hand sanitiser if hand washing facilities are not available
- Maintaining social distancing, 2 metres where possible (or 1 metre with risk mitigation)
- Keep a register of those attending the setting for 21 days to assist in track and trace.

Actions to reduce COVID-19 risk in your groups

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- **COVID-19 risk assessments**:
  - should determine the maximum capacity of a hall or hire space while able to maintain social distancing according to the relevant guidelines
  - identify points of high risk in the building and mitigating actions to address the identified risks
  - should also consider what changes might be needed to enable safe access to the building e.g.
    - **Making use of multiple exit and entry points:** to introduce a one-way flow in and out of the premises, with appropriate floor markings or signage. Any changes to entrances, exits and queues should take into account the need to make reasonable adjustments for those who need them, such as people with disabilities.
    - **Managing the arrival and departure times** of different group so as to reduce the pressure at exits and entrances.
    - **Queue management:** the flow of groups in and out of the premises should be carefully controlled to reduce the risk of congestion. It may be necessary to introduce socially distanced queuing systems.

COVID-19 risk assessment considerations

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- From 1 August 2020, it will be at the discretion of employers as to how staff can continue working safely. Working from home is one way to do this, but workplaces can also be made safe by following COVID-19 Secure guidelines.
- The employers should consult with employees on how to work safely, and must ensure workplaces are safe and should carry out a COVID-19 risk assessment using HSE template. This should take into account the core guidance on social distancing and will be in addition to any risk assessment which is already in place for the community facility. A COVID-19 secure poster is available here.
- If employee remain concerned that the employer is not taking all practical steps to promote social distancing, a report can be lodged to local authority or the Health and Safety Executive who can take a range of action, including where appropriate requiring your employer to take additional steps.

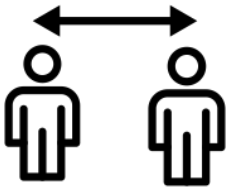
Working safely during COVID-19

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Preparation & Prevention
Ensure general infection prevention measures are in place • risk assessment for safe working • social distancing • handwashing • enhanced cleaning • reduce use of shared items • no singing indoors
Ensure those who feel unwell stay home and request a test via NHS Test & Trace
Communicate to your volunteers, staff and group members what NHS Test & Trace is and how it might affect them, and ensure you maintain visitor records for 21 days
Strong messages around social distancing & hygiene
Consider whether any group members would struggle if asked to self-isolate. Signpost them to Council support.
For any enquiries, email Public Health: publichealth@lewisham.gov.uk

Prevention summary

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- If any volunteers, staff or group members are showing symptoms, they should be sent home immediately.
- If they need to wait to be collected, the person should be **isolated in a room behind closed doors**
- If isolation is not possible, move to an area in the building at least **2 metres away** from other people.
- If they need to go to a bathroom then they should **use a separate bathroom.** The bathroom should be cleaned using standard cleaning products before being used by someone else.
- If anyone has assisted a suspected COVID-19 case, **they can remain in the building** but should **wash hands with soap & water.** If anyone develops symptoms they must self-isolate.
- **If someone is seriously ill, in an emergency call 999**







If a volunteer, group or staff member have symptoms

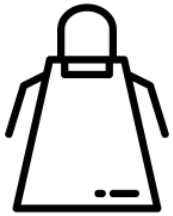
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When a **person with suspected COVID-19 has left the premises** or **end of the day cleaning: -**

- **Clean area/room** with usual disinfectant to reduce the risk of transmission
- **Use appropriate PPE** i.e. gloves and apron when cleaning
- **Use disposable cloth, clean hard surfaces** with soap water, paying attention to door handles, tables, chairs, rails etc
- If there are body fluid spillages, **use full PPE protection for eyes, nose and mouth along with aprons and gloves**

Link to relevant guidance below:

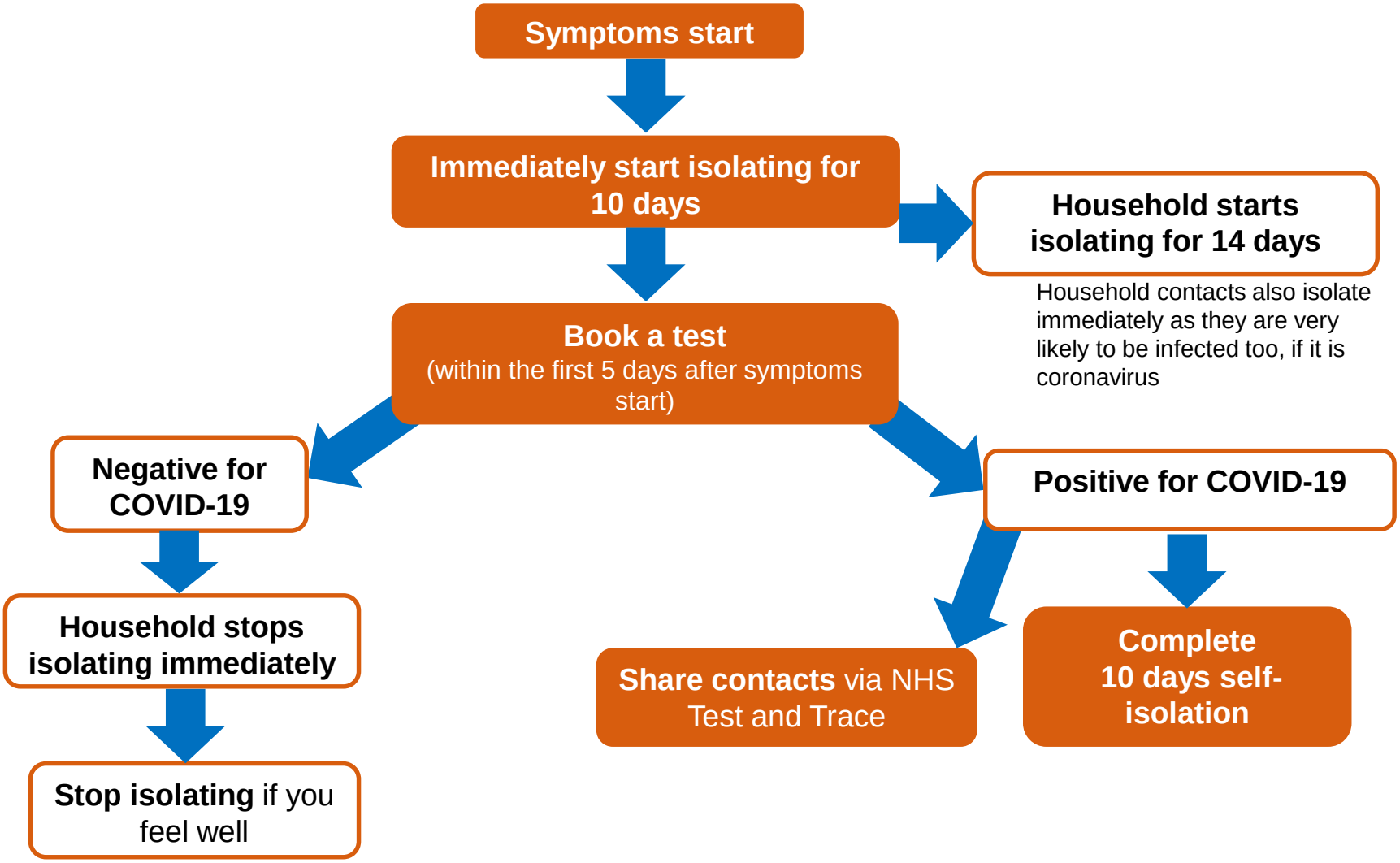
- https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings



Cleaning

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If a group, volunteer or staff member has symptoms

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Testing is available to people of any age with symptoms. You can arrange a test for:

- **Yourself**, if you have coronavirus symptoms now (a high temperature, a new, continuous cough, or a loss or change to your sense of smell or taste)
- **Someone you live with**, if they have coronavirus symptoms

Tests for the general public can be booked online at: www.nhs.uk/ask-for-a-coronavirus-test

Tests for essential workers are prioritised and can be booked at: https://www.gov.uk/apply-coronavirus-test-essential-workers. (N.B. Some essential workers in NHS and Care are eligible for testing when asymptomatic).

- At the point of booking, there is the option to choose whether to receive the test through a car drive-thru site or at home testing kit.
- The test works best if it's done within 3 days of your symptoms starting. You must have it within the first 5 days.
- The test involves taking a swab of the inside of the nose and the back of the throat, using a long cotton bud.

Test turnaround – The government has advised that 90% of test results are provided within 48 hours and they aim to return all test results within 72 hours.

How to get tested

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- Contact tracing is process to trace close recent contacts of anyone who tests positive for a disease and, if necessary, to notify them that they must self-isolate at home to help stop the spread of the disease.
- **NHS Test and Trace** is the name for the NHS contact tracing service for coronavirus.

What happens?

1 Testing	Anyone who has symptoms of coronavirus should book testing with NHS Test and Trace to see if they have the virus
2 Identify close contacts	NHS Test and Trace contacts all individuals with a positive test result asking them to share information on their close contacts in the 48 hours before symptoms started
3 Alert close contacts	NHS Test and Trace anonymously alerts contacts identified advising them to self-isolate for 14 days to help stop the spread of the virus

Test and trace

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If a person has symptoms

- Advise person with symptoms to get tested and to self-isolate for 10 days (the rest of their household isolates for 14 days).
- Signpost everyone to the NHS coronavirus website
- Book tests for the general public
- Book tests for essential workers
- Testing MUST happen within the first 5 days of symptoms starting.

Advise any contacts at the setting that they do not need to self-isolate until a test result comes back positive.

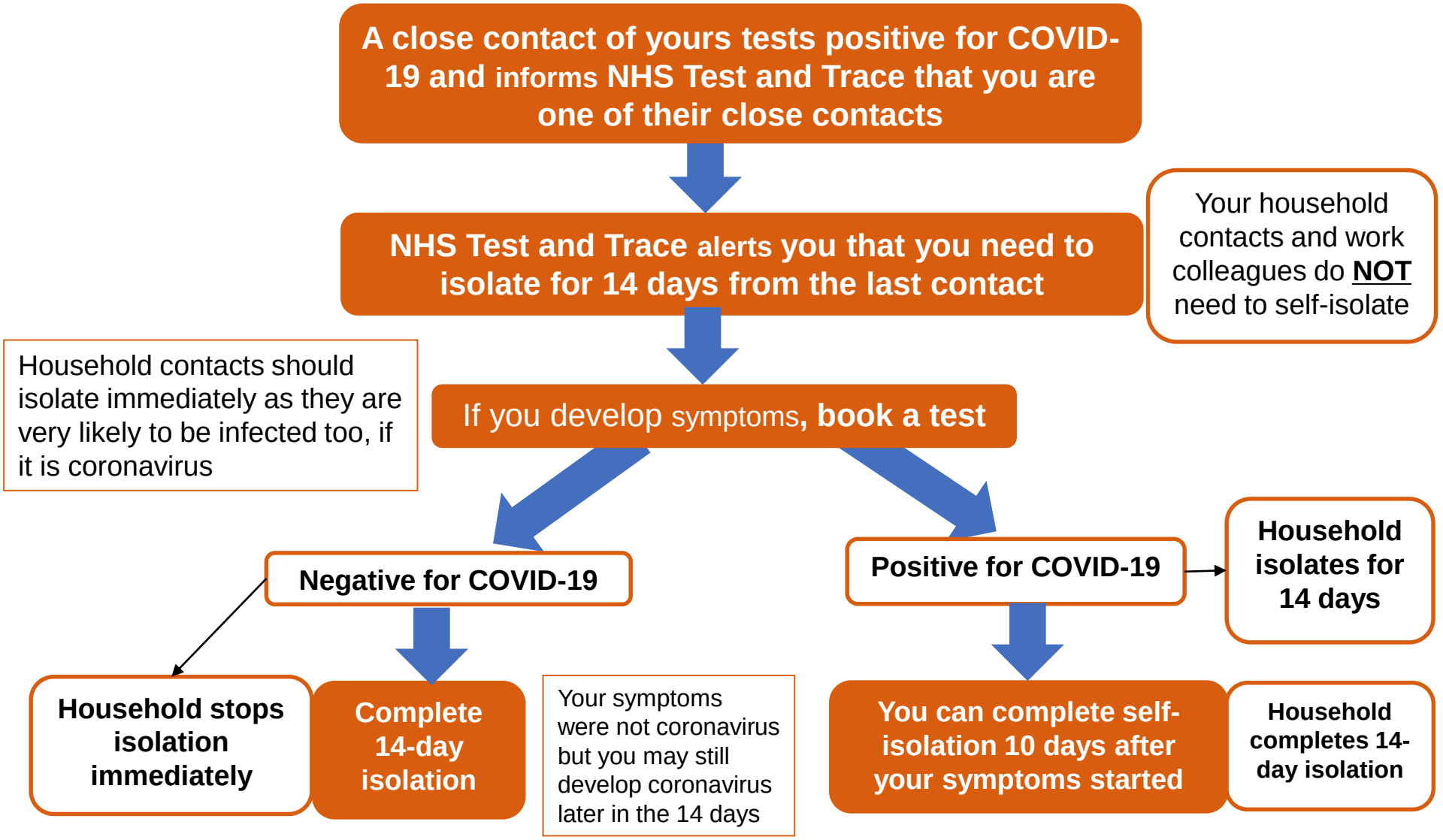
Allay any anxiety among group members. No one needs to self-isolate unless the test comes back positive. The majority of results are negative. Any close contacts will be alerted by NHS Test and Trace and asked to self-isolate if necessary.

Clean areas where a symptomatic or COVID-19 positive individual has spent time taking additional precautions (including the use of PPE where necessary) as set out here.

For any enquiries, email Public Health: publichealth@lewisham.gov.uk

Symptoms summary

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What to do if you are a close contact of a confirmed case

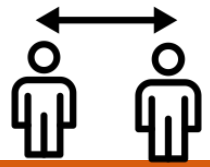
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A ‘close contact’ is a person who has been close to someone who has tested positive for coronavirus (COVID-19) while they are infectious.

Close contact includes:

- Household contacts: overnight contacts/ people who spend significant time in the same household as a person who has tested positive
- Face-to-face contact (within 1 metre) with someone who has tested positive, including: being coughed on, having a face-to-face conversation, or having skin-to-skin physical contact, or any contact within 1 metre for 1 minute or longer without face-to-face contact
- a person who has been between 1 and 2 metres for more than 15 minutes from someone who has tested positive
- a person who has travelled in a small vehicle or on a plane near someone who has tested positive








Close contact self isolation

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Inform local public health team – email: publichealth@lewisham.gov.uk

Setting is informed that an individual has symptoms

Close contacts from the setting do NOT need to take action until test result is available

Setting advises affected individual to isolate for 10 days and get tested

Household contacts also isolate immediately as they are very likely to be infected too, if it is coronavirus

Negative for COVID-19

No further action required, individual stops isolating

Positive for COVID-19

Close contacts to self-isolate for 14 days

1. **Call PHE London Coronavirus Response Cell (LCRC)** – call 0300 303 0450
2. **Inform local Public Health Team** – email publichealth@lewisham.gov.uk

Complete 10 days self-isolation

LCRC & Public Health Team gives ongoing support to setting with:

- risk assessment,
- infection prevention and control, and
- communications

What to do in a VCS setting if someone has COVID-19

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If a person has confirmed COVID-19

Ensure the person with symptoms is self-isolating for 10 days and has logged onto NHS Tests & Trace to share their close contacts.

1. Call PHE London Coronavirus Response Cell (LCRC) – call 0300 303 0450. Support their risk assessment and ask for support with communications, if needed.
2. Inform local Public Health Team – email publichealth@lewisham.gov.uk for ongoing support

Advise all close contacts associated with the unwell person to self-isolate for 14 days if they were in contact with the unwell person in the 48 hours before symptoms started.

•The family members of the close contacts do not need to self-isolate.

•If anyone is concerned that they were a close contact but has not been alerted by NHS Test and Trace, email publichealth@lewisham.gov.uk for advice

For any enquiries, email Public Health: publichealth@lewisham.gov.uk

Confirmed summary

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- Elderly and vulnerable groups should continue to take particular care and minimise contact with others outside of their household as restrictions ease. Some of the things they can do to stay safe:
  - Keep the distance and stay at least 2 metres apart where possible, more information are available on staying alert and safe (social distancing)
  - Wash your hands regularly
  - Use cloth face coverings in enclosed spaces or where social distancing may be difficult.
  - Information on how to wear and make a cloth face covering.
  - No hugging or close contact with people from outside your own household, even family members
- Some FAQs what you can and cant do for vulnerable-groups
- More information on staying safe outside your home

Protecting elderly and vulnerable people from COVID-19

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- The heat can affect anyone, but some people run a greater risk of serious harm. Many of those who are at risk of harm from heat are also at greater risk of severe illness due to COVID-19. ,
- **Heat stress can look similar to early COVID-19 symptoms**

headache 

exhaustion 

excessive sweating 

raised body temperature and body cramps 

- **Heat awareness, and keeping cool and hydrated at home is critical**
- Keep cool
- Open windows



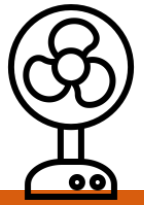
- Electric fans can be used if it's below 35ºC, and if no one in the setting is unwell with symptoms of coronavirus (COVID-19) as this may spread the virus
- You can continue using most types of air conditioning system as normal.



- Drink plenty of fluids



- Stay in the shade
- Wear loose, light-coloured clothing and hats and apply sunscreen



Heat and COVID-19

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Key contacts

PHE London Coronavirus Response Cell (LCRC) – call 0300 303 0450
Local Public Health Team – email publichealth@lewisham.gov.uk

Useful links

National guidance on the safe use of multi-purpose community facilities: https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of-multi-purpose-community-facilities/covid-19-guidance-for-the-safe-use-of-multi-purpose-community-facilities

PHE Campaign Resource Centre for posters and other coronavirus media resources https://campaignresources.phe.gov.uk/resources/

Book tests for the general public https://www.nhs.uk/ask-for-a-coronavirus-test

Book tests for essential workers https://www.gov.uk/apply-coronavirus-test-essential-workers

NHS coronavirus homepage https://www.nhs.uk/conditions/coronavirus-covid-19/

NHS Test & Trace https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/

Guidance on cleaning in non-healthcare settings https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings

Use of air conditioning and fans during COVID https://www.hse.gov.uk/coronavirus/equipment-and-machinery/air-conditioning-and-ventilation.htm?utm_source=govdelivery&utm_medium=email&utm_campaign=coronavirus&utm_term=aircon-2&utm_content=digest-25-jun-20

Key contacts and useful links

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