COVID-19 Information Session

A public health briefing for faith leaders and voluntary and community sector organisations

October 2020

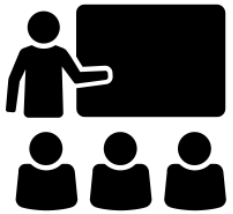
Accurate as of 23rd October 2020

This presentation aims to help faith leaders and 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

- Key facts of the local picture
- Updates to national guidance
- 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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- **HANDS** - Wash your hands regularly and for 20 seconds.
- **FACE** - Wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet.
- **SPACE** - Stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings or increasing ventilation indoors).

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Three Tier System

- England is now operating with a three-tier system of local COVID alert levels - **Medium**, **High** and **Very High** risk**.**

- Lewisham, and the whole of London, is currently in the **High** Tier

- This means that:
  - Households/bubbles will **not** be allowed to mix in **any** indoor setting
  - The rule of six still applies to outdoor locations
  - Residents should reduce their number of journeys where possible
  - People are advised to work from home if they can

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‘High’ Local COVID alert level

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There are exceptions where people from different households can gather in groups larger than 6 people. These include:

- in a legally permitted support bubble
- in a legally permitted childcare bubble
- **for work, volunteering to provide voluntary or charitable services (see guidance on working safely in other people's homes)**
- for registered childcare, education or training
- for arrangements where children do not live in the same household as both their parents or guardians
- for prospective adopting parents to meet a child or children who may be placed with them

Source: https://www.gov.uk/guidance/local-covid-alert-level-high

Exceptions

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- **for supervised activities provided for children, including wraparound care (before and after school childcare), youth groups and activities, and children's playgroups**
- for birth partners
- **to see someone who is dying**
- to provide emergency assistance, and to avoid injury or illness, or to escape a risk of harm
- to fulfil a legal obligation, such as attending court or jury service
- to provide care or assistance to someone vulnerable
- to facilitate a house move

Source: https://www.gov.uk/guidance/local-covid-alert-level-high

Exceptions

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- **for a wedding or equivalent ceremony and wedding receptions where the organiser has carried out a risk assessment and taken all reasonable measures to limit the risk of transmission of the virus – up to a maximum of 15 people (not to take place in private dwellings)**
- **for funerals – up to a maximum of 30 people; wakes and other commemorative events are permitted with up to 15 people present (not to take place in private dwellings)**
- for elite sportspeople and their coaches if necessary for competition and training, as well as parents or guardians if they are a child
- **for outdoor exercise and dance classes, organised outdoor sport and licensed outdoor physical activity**
- **for indoor organised sport for disabled people, sport for educational purposes and supervised sport and physical activity for under-18s**
- **support groups of up to 15 participants – formally organised groups to provide mutual aid, therapy or any other form of support (not to take place in private dwellings)**

Source: https://www.gov.uk/guidance/local-covid-alert-level-high

Exceptions

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- Other activities, such as organised indoor sport, indoor exercise classes and other activity groups, **can only continue provided that households or support bubbles do not mix**. Where it is likely that groups will mix, these activities must not go ahead.

Source: https://www.gov.uk/guidance/local-covid-alert-level-high

Exceptions

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Support groups can take place with up to a **maximum of 15 people** in a public place, if the support group is organised by a business, a charitable, benevolent or philanthropic institution or a public body to provide mutual aid, therapy or any other form of support to its members or those who attend its meetings.

This includes, but is not limited to, providing support:

- to victims of crime (including domestic abuse)
- to those with, or recovering from, addictions (including alcohol, narcotics or other substance addictions) or addictive patterns of behaviour
- to new and expectant parents
- to those with, or caring for persons with, any long-term illness, disability or terminal condition or who are vulnerable
- to those facing issues related to their sexuality or identity including those living as lesbian, gay, bisexual or transgender
- to those who have suffered bereavement

Source: https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of-places-of-worship-during-the-pandemic-from-4-july/covid-19-guidance-for-the-safe-use-of-places-of-worship-during-the-pandemic-from-4-july#section3

- Venues following COVID-secure guidance can host more people in total, but no one must mix indoors with anyone who they do not live with (or have formed a support bubble with) unless exemptions apply. Outdoors, you can meet in groups of up to 6 people.
- This includes in:
  - pubs and restaurants
  - leisure and entertainment venues
  - places of worship
- At least one person in your group should give their contact details to the venue or check in using the official NHS COVID-19 app so NHS Test and Trace can contact you if needed.

Source: https://www.gov.uk/guidance/local-covid-alert-level-high

Faith Settings

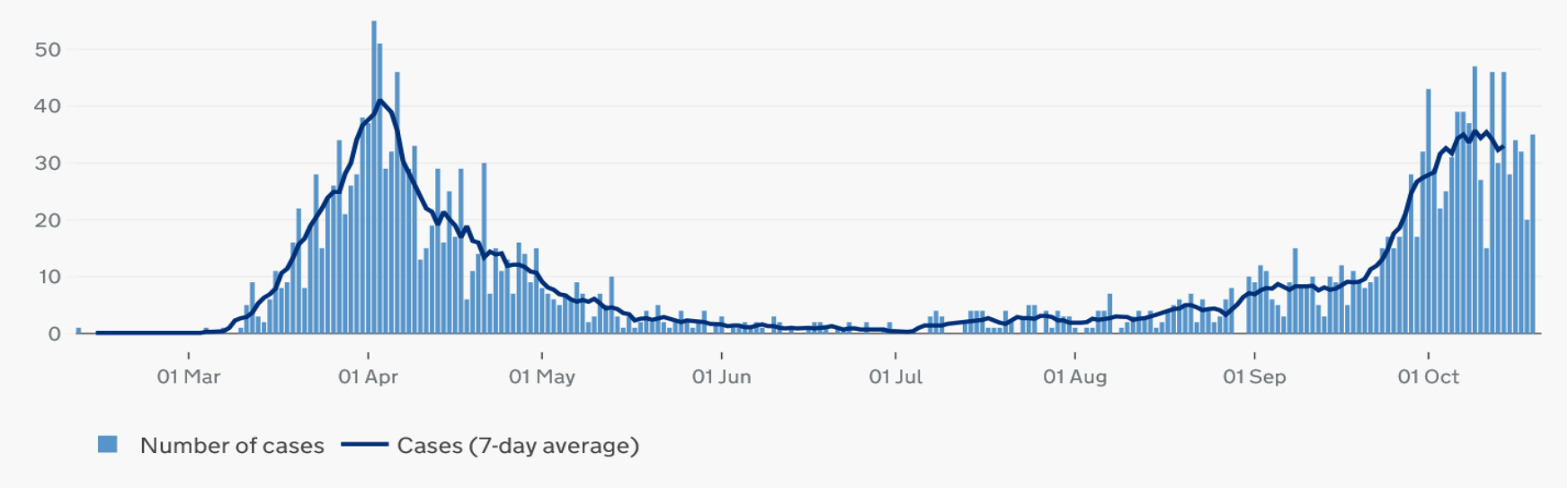
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- Review current guidelines for ‘High’ local COVID alert level
- Is my activity permitted at the ‘High’ local COVID alert level?
- If so, what is the limit on number of participants for that activity?
- Has a COVID-19 risk assessment been performed for the activity? (see later slides)

Decision making about activities

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Daily number of new lab confirmed cases in Lewisham



SOURCE :https://coronavirus.data.gov.uk/cases

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

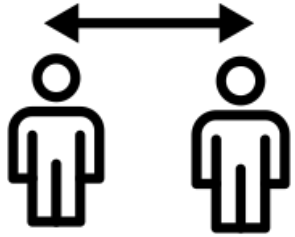
Catch it, bin it, kill it approach to ensure good respiratory hygiene





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 a number of settings including: **shops, supermarkets, transport hubs, shopping centres, banks, building societies, post offices, taxis and private hire vehicles, public transport, museums, galleries, auction houses, premises providing hospitality (except when seated at a table to eat or drink), 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 (full list here:)** https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own#when-to-wear-a-face-covering
- 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.

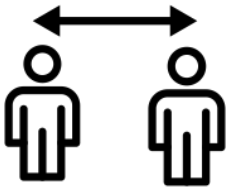
Working safely during COVID-19

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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

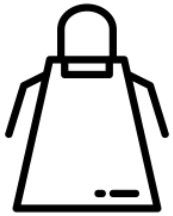
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When a **person with suspected COVID-19 has left the premises** or **end of the day cleaning: -**

- **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:

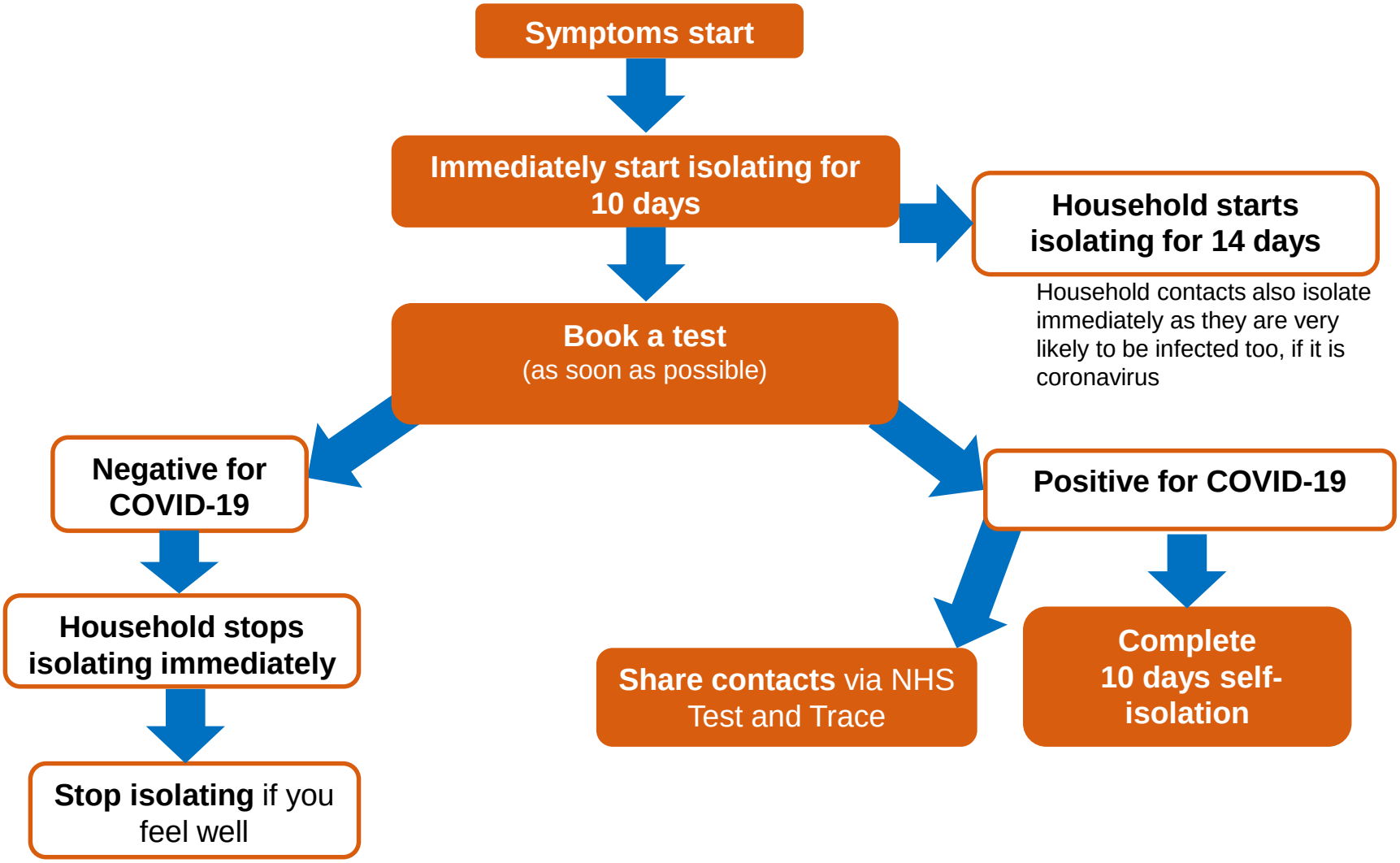
- https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings



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 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

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

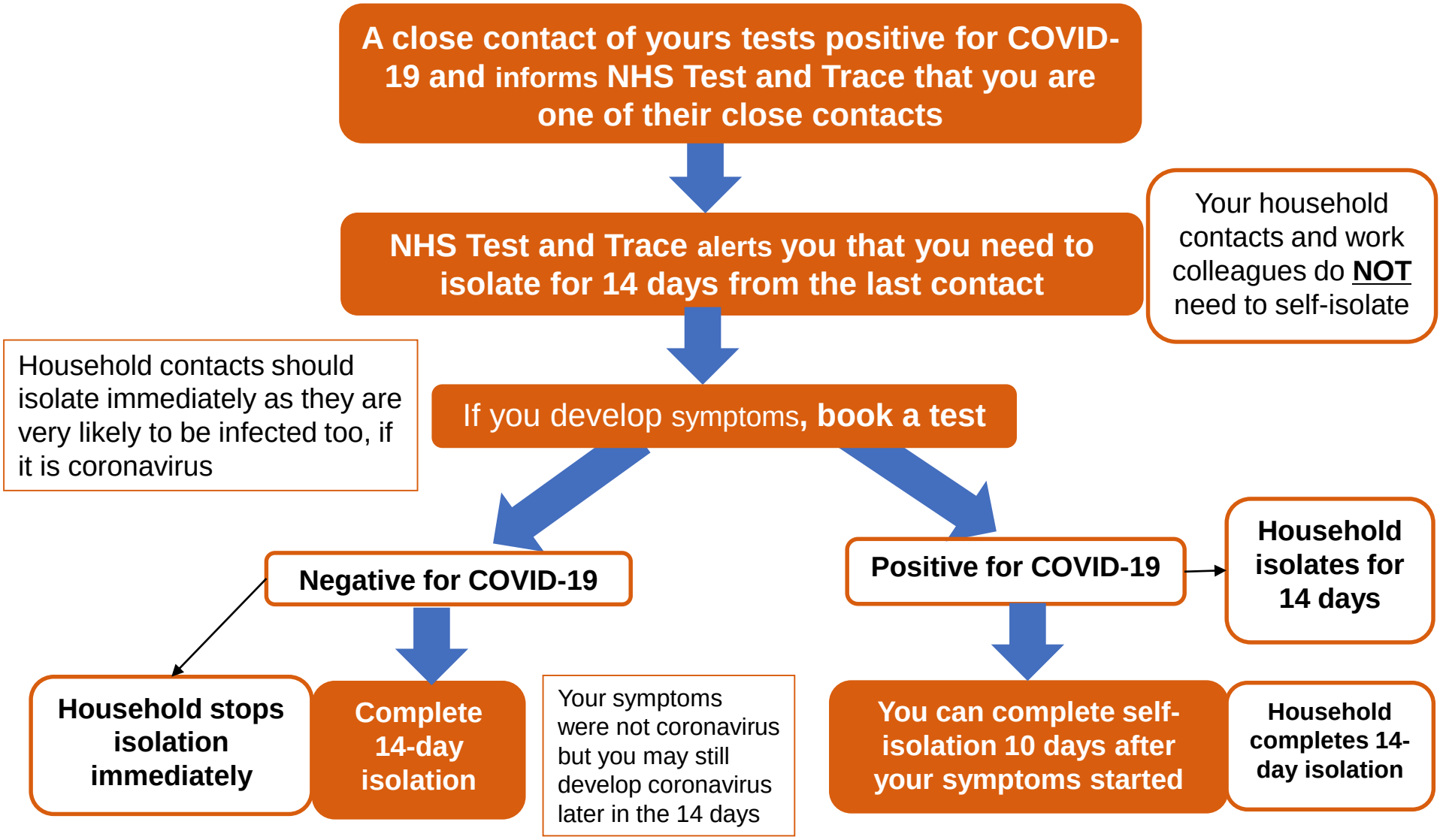
Allay any anxiety among group members. No one needs to self-isolate unless the test comes back positive. The majority of results are negative. Any close contacts will be alerted by NHS Test and Trace and asked to self-isolate if necessary.

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

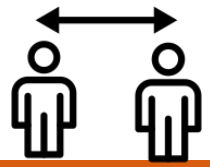
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A ‘close contact’ is a person who has been close to someone who has tested positive for coronavirus (COVID-19) while they are infectious.

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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What to do if someone has COVID-19

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

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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.

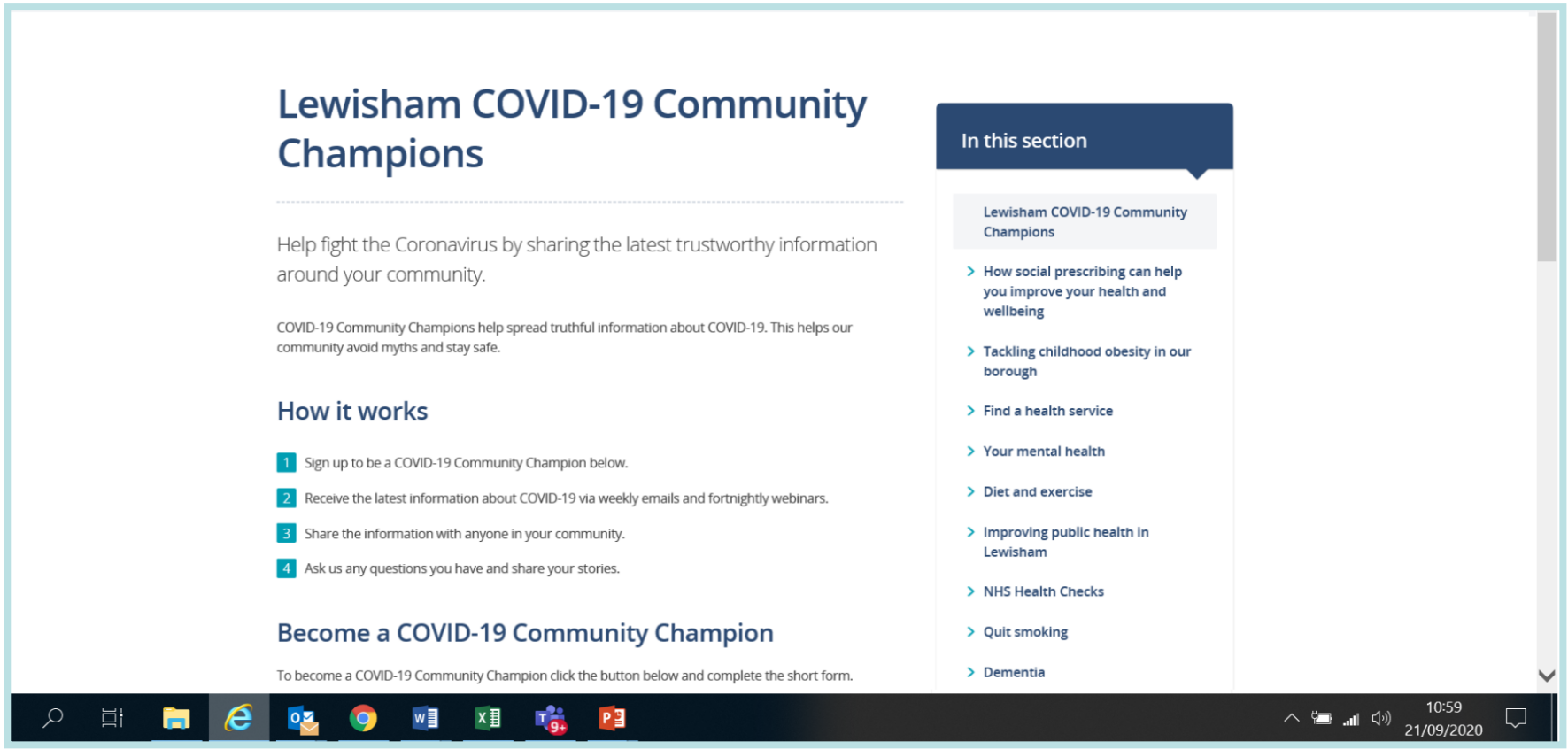
•The family members of the close contacts do not need to self-isolate.

•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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https://lewisham.gov.uk/myservices/socialcare/health/lewisham-covid19-champions

Lewisham COVID-19 Community Champions

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- Community champion model to disseminate messaging, information and resources regarding COVID-19 and related health topics to the wider Lewisham community
- Aims to empower community leaders, voluntary and community sector groups and residents with relevant information and training to disseminate to others
- Aims to use trusted people, voices and groups to disseminate timely and accurate information to Lewisham residents and provide community insights

Lewisham COVID-19 Community Champions

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1. Sign up to be a COVID-19 Community Champion below: https://lewisham.gov.uk/myservices/socialcare/health/lewisham-covid19-champions

2. Receive the latest information about COVID-19 via weekly emails and fortnightly webinars.

3. Share the information with anyone in your community.

4. Ask us any questions you have and share your stories.

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

Key contacts and useful links

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