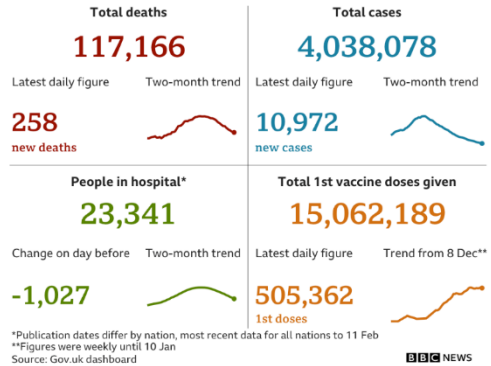


## Coronavirus Update

There are still over 23,000 people in hospitals suffering from the covid virus

- Thankfully numbers are falling but
- WE must continue to follow the rules

### Coronavirus in the UK



## UK COVID-19 CASES AND DEATHS PER DAY



Falling rates indicate end of lockdown is nearing -  
(Announcement of plan will be on Feb 22<sup>nd</sup> )

Ensure YOU & YOUR teams continue to follow the Nurture procedures in reducing infection rates

## Surge testing to be deployed in areas within Middlesbrough, Walsall, and Hampshire in connection to new variant

On Sunday the government announced that they were targeting further areas where non travel related positive cases of the South African variant was found.

People living within these targeted areas are strongly encouraged to take a COVID-19 test this week, whether they are showing symptoms or not.

**If any of your teams live in any of the affected areas please ensure that they organise a covid test asap (even if they have no visible signs of covid)**

Working in partnership with local authorities, enhanced testing and sequencing will be targeted within specific postcode areas. These postcodes are:

- Middlesbrough (TS7 & TS8)
- Areas in Walsall
- Hampshire (RG26)

**Mobile testing units (MTUs) will be deployed offering PCR testing to people without symptoms who have to leave their home for work** or essential reasons, with local authorities encouraging people to get tested in the area by providing additional home test kits.

People without symptoms should [visit their local authority website](#) for more information

## Why Keeping a Safe Distance is important – Social Distancing

The further you can keep away from other people, the less likely you are to catch COVID-19 and pass it on to others.

COVID-19 spreads through the air by droplets and smaller aerosols that are released from the nose and mouth of an infected person when they breathe, speak, cough or sneeze. The closer you are to a person with COVID-19 (even those without symptoms), the more likely you are to become infected.

### Nurture Social Distancing - Practice Social Distancing wherever possible

To ensure we are doing everything possible to reduce the risk of infection. Measures put in place by Nurture include;

- Maintain operative social distancing at all times, this may involve staggered start and finish times
- where it is not possible to remain 2 metres apart, staff should work side by side, or facing away from each other, rather than face to face if possible
- where face-to-face contact is essential, this should be kept to 15 minutes or less wherever possible
- Dual teams to remain in the same personnel throughout (cohorting)
- Stagger break times to ensure no interaction thus reducing risk.
- Cleaning down of multi-use machinery or vehicles before transferring to another user.
- Sanitising hands at regular intervals along with machinery and vehicles using wipes provided
- Regular washing of hands for at least 20 seconds.
- Using screens or barriers to separate people from each other

If social distancing guidelines cannot be met in full, consider whether that activity needs to continue, and if so, take all mitigating actions to reduce risk.

[Staying alert and safe \(social distancing\) - GOV UK.htm](#)



## REMEMBER the Basics of Good Hygiene

**No matter where we are or what we are doing, following the basic rules of good hygiene will help to protect you and others from COVID-19. These are:**

### 1. Washing your hands;

Wash your hands with soap and water or use hand sanitiser regularly throughout the day. You should wash your hands after coughing, sneezing and blowing your nose and before you eat or handle food. Wash your hands after coming into contact with surfaces touched by many others, such as handles, handrails and light switches, and shared areas such as kitchens and bathrooms. If you must leave your home, wash your hands as soon as you return.

Where possible, avoid touching your eyes, nose and mouth. If you do need to touch your face (for example to put on or take off your face covering), wash or sanitise your hands before and after.

### 2. Cleaning our surroundings

Clean surfaces often. Pay particular attention to surfaces that are touched frequently, such as handles, light switches, work surfaces and electronic devices.

Use disposable cloths, paper roll or disposable mop heads to clean all hard surfaces, floors, chairs, door handles and sanitary fittings – think 'one site, one wipe, in one direction'. Any cloths, paper roll or mop heads used can be disposed of with your usual domestic waste.

### 3. Covering your nose and mouth when you cough and sneeze

Cover your mouth and nose with disposable tissues when you cough or sneeze.

If you do not have a tissue, cough or sneeze into the crook of your elbow, not into your hand.

Dispose of tissues into a rubbish bag and immediately wash your hands.

## STOP THE SPREAD OF GERMS



### CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



### BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



### KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

**We MUST ensure that we are following all Nurture Group Control Measures to help keep everyone as safe as possible**

Ensure that **YOU**:

- Check that all your teams have a plentiful supply of Hand Sanitiser
- Continue to clean surfaces in offices /Vans & equipment on a regular basis

## Self-isolate if you have COVID-19 symptoms or a positive COVID-19 test result

We must ensure our teams Self-isolate immediately if:

- They develop symptoms of COVID-19 – they should self-isolate at home while they arrange and wait for the results of their test
- They test positive for COVID-19
- They live with someone who has tested positive for COVID-19 or who has symptoms and is waiting for their test result - the isolation period includes the day the first person in your household's symptoms started (or the day their test was taken if they did not have symptoms), and the next 10 full days
- you are a contact of a person who has tested positive for COVID-19 who is not from your household - your isolation period includes the date of your last contact with them and the next 10 full days

The isolation period includes the day symptoms started (or the day their test was taken if they do not have symptoms), and the next 10 full days.

Self-isolation means you must stay at home at all times and not have contact with other people, except in very limited circumstances, for example to seek medical assistance.

You may have to ask others to do your shopping, and you may have to make alternative plans if you are currently supporting a vulnerable person.

Do not invite visitors to your home or garden.

### How long do you need to self-isolate for?



**10 days**  
If you have symptoms or a positive test



**14 days**  
If someone in your household has symptoms



**14 days**  
If you arrive back in the UK from abroad\*

\*Excluding exempt countries

Book your test now by calling 119 or visit [www.nhs/coronavirus](http://www.nhs/coronavirus)

## Symptoms of Covid 19 Virus

If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result.

The Main symptoms of Coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, 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)
- **a 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



**Note:** We have recently had a couple of cases reported to us from a couple of your colleagues who tested positive for Covid 19 & that initially **didn't have the classic Covid symptoms** and initially didn't realize they had the virus before the classic symptoms developed later

- Sore throat
- Severe Headache
- Fatigue

If any of your team members develop any symptom that could be linked to Coronavirus we need to ensure that self-isolate until tested.



We Need to take ACTION - asap after any symptoms shown - **Better Safe Than Sorry**

Remember around 30% of all people infected show NO symptoms whatsoever - It is important we follow Social Distancing – and fully follow Wash – Face – Space

## Risk Assessments

Ensure that YOU only display the latest versions - Check your notice boards & update local risk assessments where necessary

### Latest Nurture Covid 19 – Risk Assessment

Covid Risk Assessment - Reviewed 1<sup>st</sup> February 2021 – (no changes)

[RA-C25Q Dangers of catching Coronavirus \(Covid 19\) UPDATED 1st February 2021.pdf](#)

Remember that the above Risk Assessment is available to all via the work mobile library.

#### Main Office Assessment

- Office risk assessment reviewed 1<sup>st</sup> February 2021.docx – No changes to Jan issue  
[Office risk assessment reviewed 1st February 2021.docx](#)

See your regional folder for each regional office assessments: [K:\Office RA](#)

## Mental Health

### Mental health during the Coronavirus outbreak

Don't be afraid to ask for help and advice during these difficult times

Remind your team that we operate an Employee Assistance Programme called 'LifeWorks'.

#### Mental Welfare Support From Lifeworks app

The APP has lots of useful information about self-care, mental health and well-being and has Covid-19 toolkit for individuals too. If employees haven't yet registered, Busy Bees that operate the platform, are re-issuing the invitation to the app, so please encourage staff to download it on their phones, its free and could be helpful to many.



Helping people in horticulture  
**Perennial**

**Perennial's helpline is operating as usual on 0800 093 8543 or visit [Perennial.org.uk](http://Perennial.org.uk) to fill out the [contact form](#). The confidential helpline is currently open Monday and Wednesday, 9.30am – 5pm and Tuesday, Thursday and Friday, 9am – 5pm**

