

Coronavirus Update – Cases continue to drop

Cases continue to drop - Indicating lockdown & vaccination process is having an effect.

UK COVID-19 CASES AND DEATHS PER DAY



Don't relax - Keep Following the Rules

When Offered ' Take Your Vaccine@

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Vaccines are at the heart of the UK Government's strategy to manage COVID-19. The UK is deploying the most ambitious vaccination programme in history. So far, over 17 million people have received a vaccine across the UK.

Vaccines will mean that fewer people will get COVID-19 and that those who do are far less likely to go to hospital or to die.



We encourage YOU & YOUR teams to take the vaccine when you are offered it

England Roadmap announced

The Roadmap is a step-by-step plan to ease restrictions in England cautiously, starting with schools and colleges.

Step 1 From 8th March 2021

As a result of these changes, people will no longer be legally required to Stay at Home from the 29th March

Although - Guidance will set out that people should continue to work from home where they can.

Step 1: 8 March

- Schools and colleges are open for all students. Practical Higher Education Courses.
- Recreation or exercise outdoors with household or one other person. No household mixing indoors.
- Wraparound childcare.
- Stay at home.
- Funerals (30), wakes and weddings (6)

29 March

- Rule of 6 or two households outdoors. No household mixing indoors.
- Outdoor sport and leisure facilities.
- Organised outdoor sport allowed (children and adults).
- Minimise travel. No holidays.
- Outdoor parent & child groups (up to 15 parents).

Step 2 – No Earlier than 12th April

Step 2

At least five weeks after Step 1, no earlier than 12 April.

- Indoor leisure (including gyms) open for use individually or within household groups.
- Rule of 6 or two households outdoors. No household mixing indoors.
- Outdoor attractions such as zoos, theme parks and drive-in cinemas.
- Libraries and community centres.
- Personal care premises.
- All retail.
- Outdoor hospitality.
- All children's activities, indoor parent & child groups (up to 15 parents).
- Domestic overnight stays (household only).
- Self-contained accommodation (household only).
- Funerals (30), wakes, weddings and receptions (15).
- Minimise travel. No international holidays.
- Event pilots begin.

Step 3, No earlier than 17th May

Step 3

At least five weeks after Step 2, no earlier than 17 May.

- Indoor entertainment and attractions.
- 30 person limit outdoors. Rule of 6 or two households (subject to review).
- Domestic overnight stays.
- Organised indoor adult sport.
- Most significant life events (30).
- Remaining outdoor entertainment (including performances).
- Remaining accommodation.
- Some large events (expect for pilots) - capacity limits apply.
 - Indoor events: 1,000 or 50%.
 - Outdoor other events: 4,000 or 50%.
 - Outdoor seated events: 10,000 or 25%.
- International travel - subject to review.

Step 4 No earlier than 21st June

Step 4

At least five weeks after Step 3, no earlier than 21 June. By Step 4, the Government hopes to be able to introduce the following (subject to review):

- No legal limits on social contact
- Nightclubs.
- Larger events.
- No legal limit on life events.

NOTE: Prior to each Step the government will review 1 week before introduction & if required will postpone the next step. If any steps are postponed then the following steps will also move back to maintain a 5 week gap between each step:

Scotland Route Map

Stay @ Home restrictions currently planned to be lifted on 5th April



5 April*

- Stay at home restrictions lifted
- Schools fully reopened**
- Some communal worship allowed
- Click and collect resumes
- Six people from two households can meet outdoors



15 March*

- School Years 4-7 return
- "Blended learning" for some secondary school pupils
- Phased return for universities and colleges
- Non-contact outdoor sports for ages 12-17 allowed
- Four people from two households can meet outdoors



26 April*

- Return to levels system
- Aim for all Scotland to move to level three
- Non-essential retail, pubs and restaurants to reopen
- Gyms, swimming pools and other leisure activities resume

Now is NOT the time to relax re Office controls - We need to continue to protect all.

One of the most dangerous aspects of this disease is that people without any symptoms can infect many others without realizing it.

Regular cleaning plays a vital role in limiting the transmission of COVID-19.

As a minimum

- 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.
- All communal office surfaces to have a disinfectant wipe routine at least twice per day to include:
 1. All Door & Cupboard Handles
 2. Photocopier & other office equipment
 3. Toilet & Kitchen facilities & Equipment



Always maintain a safe distance from your colleagues – Take particular care in break down areas e.g. Kitchen areas. Where possible keep external teams out of the office environment

Temperature Checks

Know your temperature & ACT if you have a drastic increase

Where provided ENSURE ALL your teams continue to take their temperatures upon arrival

Note: We are all now becoming familiar with our own regular individual temperatures. Although we set the parameter of 38^o C as an excessive temperature & people **MUST** immediately go home – Do be aware that individuals fluctuate from the norm



ENSURE where used **ALL OFFICE** have a daily temperature test completed prior to working in the office environment

Hygiene - Make sure YOU & ALL site visitors use the provided sanitiser when entering offices

An observation has been that people are **NOT** always using hand sanitiser when they enter offices. Please help protect everybody by sanitising correctly & ensuring **YOUR** Teams & Visitors fully follow our hygiene protocol

You **Must** wash hands or use hand sanitiser:

- When entering any office
- When entering communal areas e.g. Kitchens
- After using toilet

Check levels of sanitiser use – If your dispensers are FULL – no one is using them. = Remind your teams

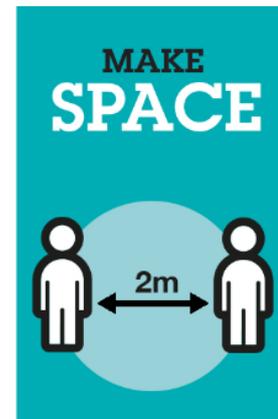
ENSURE ALL YOUR teams also have sufficient hand sanitiser in their Vans & Sites



ENSURE REGULAR CLEANING & DISINFECTING OF OFFICE AREAS CONTINUES

Behaviour Coming out of Lockdown

Even as restrictions are lifted, it is essential that everyone carries on with the good habits we have introduced that help reduce transmission:



Safe Behaviours include:

- Wash Hands frequently, for at least 20 seconds.
- Wear a face covering in enclosed environments.
- Maintain space with anyone outside your household or work bubbles.
- Meet with others outdoors where possible.
- Minimise the number of different people you meet and the duration of meetings, if possible.
- Let fresh air in.
- Download the NHS Test & Trace app.
- Get a test immediately if you have symptoms.
- Self-isolate if you have symptoms, have tested positive, or had contact with someone with COVID-19.

Nurtures Safe Distancing – Social Distancing

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.

HM Government

NHS

Act like you've got it.
Don't accidentally spread coronavirus.



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

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.

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**

Surge testing to be deployed in targeted areas in Buckinghamshire and Lambeth

Further targeted areas will have additional testing made available to control and suppress the potential spread of a coronavirus (COVID-19) variant

Working in partnership with the local authorities, additional testing and genomic sequencing is being deployed to targeted areas

- within the **HP10** postcode in **Buckinghamshire**
- and **SW8** and **SW9** postcodes in **Lambeth**,

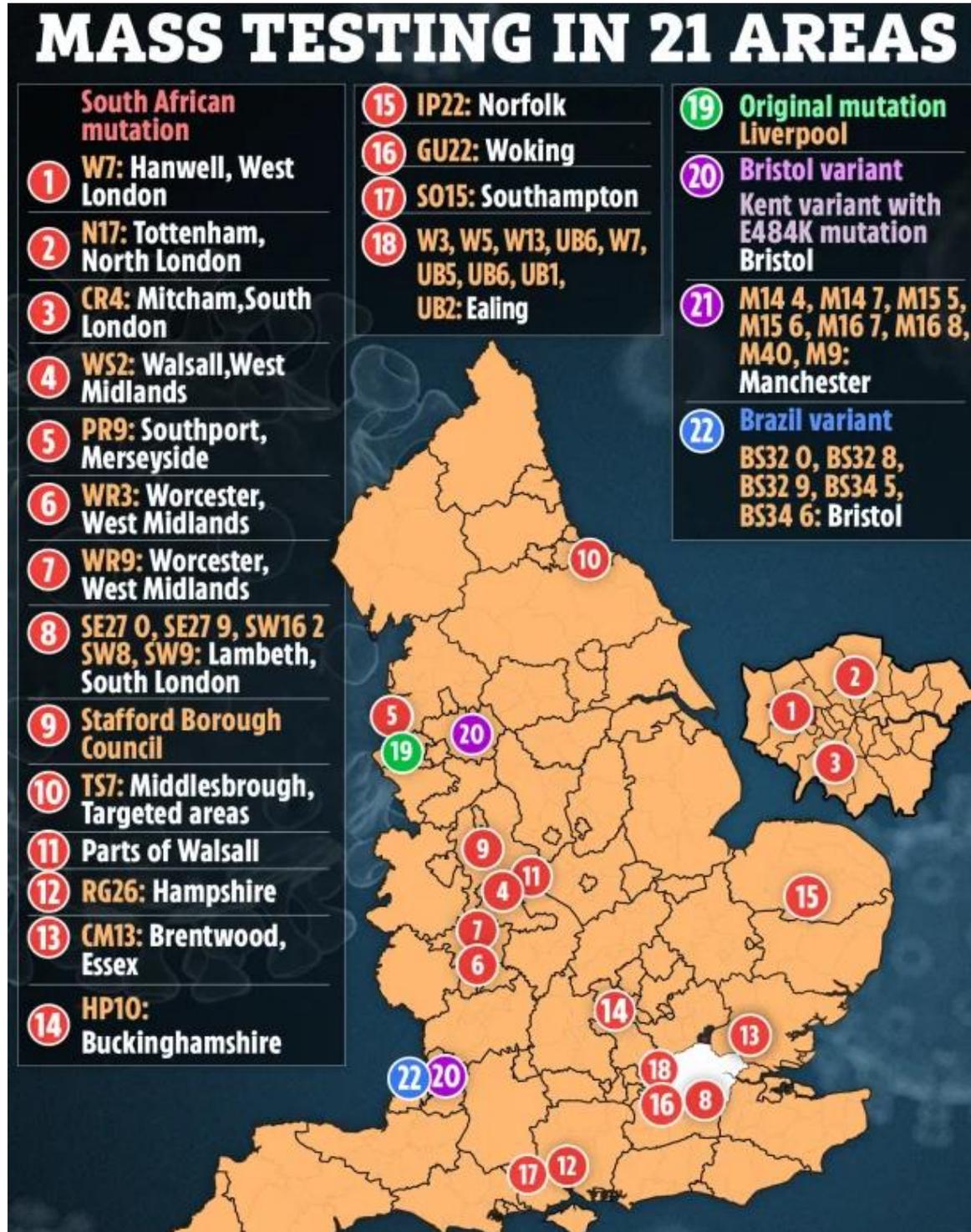
where the COVID-19 variant first identified in South Africa has been found



Mass Testing Sites

If any of you or your teams live in any of these areas encourage them to go & get tested even if they do NOT have any symptoms

These are areas where variants have been confirmed & extra caution is required



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 1st 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 1st 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

ITS Good to Talk

Ensure you make time for all your teams - Some of which you may not see very often.



Make that Call & communicate often with all your teams

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 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

