

## Covid Update

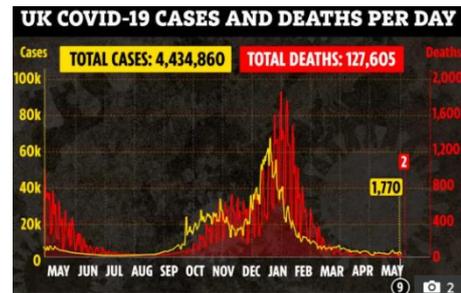
*Zero Covid deaths for England, Scotland and NI on Monday 10<sup>th</sup> May*

**Over 50 million doses of COVID-19 vaccine administered in UK**

- Over 50 million doses of the COVID-19 vaccine have been administered
- Over 29% of all UK adults have received the strongest possible protection

Over 50 million doses of the COVID-19 vaccine have been administered in the UK, with over a quarter of adults having received both doses.

Health services across the UK administered a total of 52.6 million vaccines between 8 December and 9 May, including 35 million people with their first dose and 17.6 million with their second.



**YOU have all been very good at following the Covid controls introduced by the Nurture Group**

**Let's Keep it Up ensuring we do not suffer now**

## Continued Home Lateral Flow Testing Kits

You should have received the test kits – if not please contact [sara.hughes@nurturelandscapes](mailto:sara.hughes@nurturelandscapes) who is coordinating their distribution.

We also **ENCOURAGE** you to Report your results on the national database – **You MUST** do this anyway if Positive test

### How it will work:

1. All kits delivered to Nursery Court for dispatch to other regions
2. Dispatched to other Depots
3. You take kits home & complete the tests at home – full instructions within the test kits
4. Log results on the national database
  - You **MUST** do this if test is **POSITIVE**
  - You **SHOULD** log test also if **NEGATIVE** result & we positively encourage you to do this.

**You will require Nurture's UON number to upload your results**  
**UON is 50599943**

**If Positive YOU MUST follow the current self-isolation procedures**

## Test yourself for COVID-19 twice a week

Up to 1 in 3 people are asymptomatic - they show no signs of having COVID-19. Testing yourself regularly helps stop the virus spreading.



### Report your result

You should report your result immediately [www.gov.uk/report-covid19-result](http://www.gov.uk/report-covid19-result). Please also report your result to your employer.

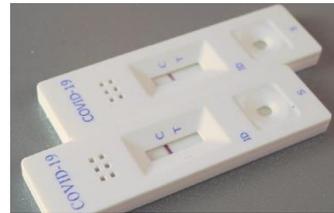
## You reported a negative coronavirus test result

It's likely you were not infectious when the test was done

## Flow Test Disposal

Packaging from the testing kits can and should be recycled through your existing waste streams.

Any used test kits including swabs, cartridges and devices should be **placed in the small bag provided** with the kit and then **placed in black bag / general waste bins**.



## A new study by Public Health England (PHE) has shown that one dose of the COVID-19 vaccine reduces household transmission by up to half.

Studies have already demonstrated that being vaccinated against coronavirus (COVID-19) significantly reduces your risk of being infected.

This new research shows that those who do become infected 3 weeks after receiving one dose of the Pfizer-BioNTech or AstraZeneca vaccine were between 38% and 49% less likely to pass the virus on to their household contacts than those who were unvaccinated



It further reinforces that vaccines are the best way out of this pandemic as they protect you and they may prevent you from unknowingly infecting someone in your household.

**Nurture Group urge everybody to get their vaccines as soon as they are eligible and make sure you get your second dose for the strongest possible protection.**

## Surge testing deployed in Bolton (BL3) & Ruislip (HA4)

Additional surge testing and genomic sequencing deployed in Bolton & Ruislip where a confirmed case of a variant of concern has been identified.

### Postcodes affected

**Bolton BL3**  
**Ruislip HA4**

Working in partnership with **Bolton Council**, NHS Test and Trace is providing additional testing and genomic sequencing in targeted areas within the BL3 postcodes in Bolton. It comes as a small number of cases of the variant first identified in South Africa (B.1.351) and a cluster of cases of the variant first identified in India (B.1.617.2) have been identified.



Working in partnership with **Hillingdon Council**, NHS Test and Trace is providing additional testing and genomic sequencing in targeted areas within the HA4 postcode in Ruislip, Hillingdon. This follows the identification of a single case of the variant first discovered in South Africa (B.1.351) in Ruislip. The confirmed case has completed self-isolation and their contacts have been identified.

If any of your teams live / work in the affected area please ensure they are aware that all require to be surge tested and advising them to get a test

## Stage 3 of Road Map in England starts next Monday May 17<sup>th</sup>

From next Monday we are on target to relax covid controls further in line with Step 3 of the England

**HM Government**

**NO EARLIER THAN 17 MAY**  
At least 5 weeks after Step 2

**STEP 3**

BUSINESS / ACTIVITIES	SOCIAL CONTACT	LARGER EVENTS	TRAVEL
<ul style="list-style-type: none"> <li>Indoor hospitality</li> <li>Indoor entertainment and attractions</li> <li>Organised indoor sport (adult)</li> <li>Remaining accommodation</li> <li>Remaining outdoor entertainment (including performances)</li> </ul>	<ul style="list-style-type: none"> <li>Maximum 30 people outdoors</li> <li>Indoors: Up to 6 people or a larger group from 2 households only (subject to review)</li> </ul>	<ul style="list-style-type: none"> <li>Most significant life events (30 people)</li> <li>Indoor events 1,000 people or 50% capacity (whichever is lower)</li> <li>Outdoor events 4,000 people or 50% capacity (whichever is lower)</li> <li>Large seated outdoor venues 10,000 people or 25% capacity (whichever is lower)</li> </ul>	<ul style="list-style-type: none"> <li>Domestic overnight stays</li> <li>International travel (subject to review)</li> </ul>

COVID-19 ROADMAP 2021

### Road Map Social Distancing

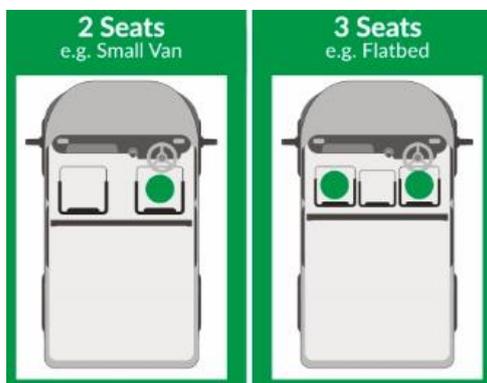
**It looks like all aspects of Social distancing remain with the projected removal of advised social distancing due NOT before June 21<sup>st</sup> (Step 4 of Road Map).**

‘Before Step 4 begins, the government will complete a review of social distancing and other long-term measures that have been put in place to cut transmission. This will inform decisions on the timing and circumstances under which the rules on 1 metre plus, the wearing of face coverings and other measures may be lifted’.

**AS such ALL aspects of Nurture Group social distancing controls will need to remain in place**

### FAQ

**When will we be able to go back to 3 people in a standard Van**



Hopefully this will happen soon but we will need to follow the individual government blueprints on Social distancing

Various press speculation recently has stated the government is looking @ removing the 1m social distancing rule - when this happens we presume this will include allowing 3 men in a van

Note – this is **not** confirmed that it will happen

We receive daily government updates which is reviewed daily as soon as we have any official indication of a relaxation on social distancing – we will update our van procedures.

21<sup>st</sup> June is the earliest this will happen in England – but no guarantees yet

## Travel Barriers

Some of you will have pre booked holidays / trips during the summer months and travel is starting to open up from 17<sup>th</sup> May with minimal green list countries.

England are using a 3 tiered travel - Green , Amber & Red Countries which they will be reviewed on a regular basis

### Requirements upon arrival in UK

#### Red Countries

You should not travel to red list countries or territories for leisure purposes. On arrival in England you must:

- quarantine in a managed hotel, including 2 COVID-19 tests

#### Amber Countries

You must:

- quarantine at home or in the place you are staying for 10 days
- take a COVID-19 test on or before day 2 and on or after day 8

#### Green Countries

You must

- take a COVID-19 test on or before day 2 after you arrive.

You do not need to quarantine unless the test result is positive.

You must self-isolate if NHS Test & Trace informs you that you travelled to England with someone who has tested positive for COVID-19.



### Link to latest government advice

<https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

## Demonstrating your COVID-19 vaccination status when travelling abroad

Demonstrating your COVID-19 vaccination status allows you to show others that you've had a full course of the COVID-19 vaccine when travelling abroad to some countries or territories. A full course is currently 2 doses of any approved vaccine.

COVID-19 vaccination status is available to people who live in England.

You can get your vaccination status in digital or paper format.

The service will go live from Monday 17 May.

#### How to access your COVID-19 vaccination status

You can access your COVID-19 vaccination status through the free NHS App from 17 May. You can access the app through mobile devices such as a smartphone or by tablet. Proof of your COVID-19 vaccination status will be shown within the NHS App. We recommend that you register with the app before booking international travel.



If you do not have access to a smartphone and know that the country you are travelling to requires COVID-19 vaccination status, you can call the NHS helpline on 119 (from 17 May) and ask for a letter to be posted to you. This must be at least 5 days after you've completed your course of the vaccine. We expect the letter to take up to 5 days to reach you.

## 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

**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.uk/coronavirus](http://www.nhs.uk/coronavirus)

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.

**Following a HOME tested Lateral Flow test - All above self-isolation rules MUST be adhered to for the required timespan or unless the PCR confirmation test shows as negative.**

## 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<sup>0</sup> 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

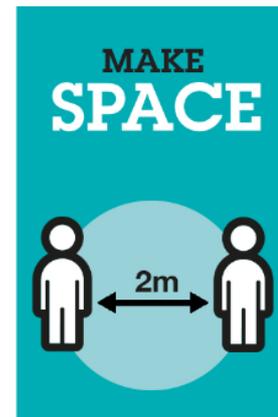
**ENSURE ALL YOUR** teams also have sufficient hand sanitiser in their Vans & Sites



## 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 – 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](#)

## 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

### Updated Nurture Covid 19 – Risk Assessment

Covid Risk Assessment - Reviewed 10<sup>th</sup> May 2021 –

[RA-C25S Dangers of catching Coronavirus UPDATED 10th May 2021.pdf](#)

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

Main Office Assessment

[Office risk assessment reviewed 10th May 2021.pdf](#)

Review YOUR regional office assessments: [K:\Office RA](#)

**NEXT Reviews will take place before 21<sup>st</sup> June prior to next relaxation of measures in England release plan**

## Mental Health

### Mental Awareness Week

How many of YOU realised it is mental awareness week.

This year Nature is the theme – Watch the clip below

<https://youtu.be/TdDioDtjkis>



### Our Southwest Team certainly do



Jonathan Fraser states 'Given that this is Mental Health Awareness week it is timely to share our 'Making Moves in May Team challenge'.

We have all made a commitment to focus on our wellbeing and mental health by collectively walking, running, cycling a 1000 miles during May.

So far as team we have covered 326 miles and are all eating healthier lunches. If you would like to sponsor us then please visit our Just Giving Page or if you are one of our clients then please join us on a walk around one of your sites!

<https://lnkd.in/gbcEW e>.

## 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](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**



Call our Debt Team now for free advice  
**0800 093 8546**

