

Coronavirus – MMOV Guidance for Staff and Parents

Safety is our No.1 Priority

To ensure that safety is our no.1 priority, the current precautions will now be in effect:

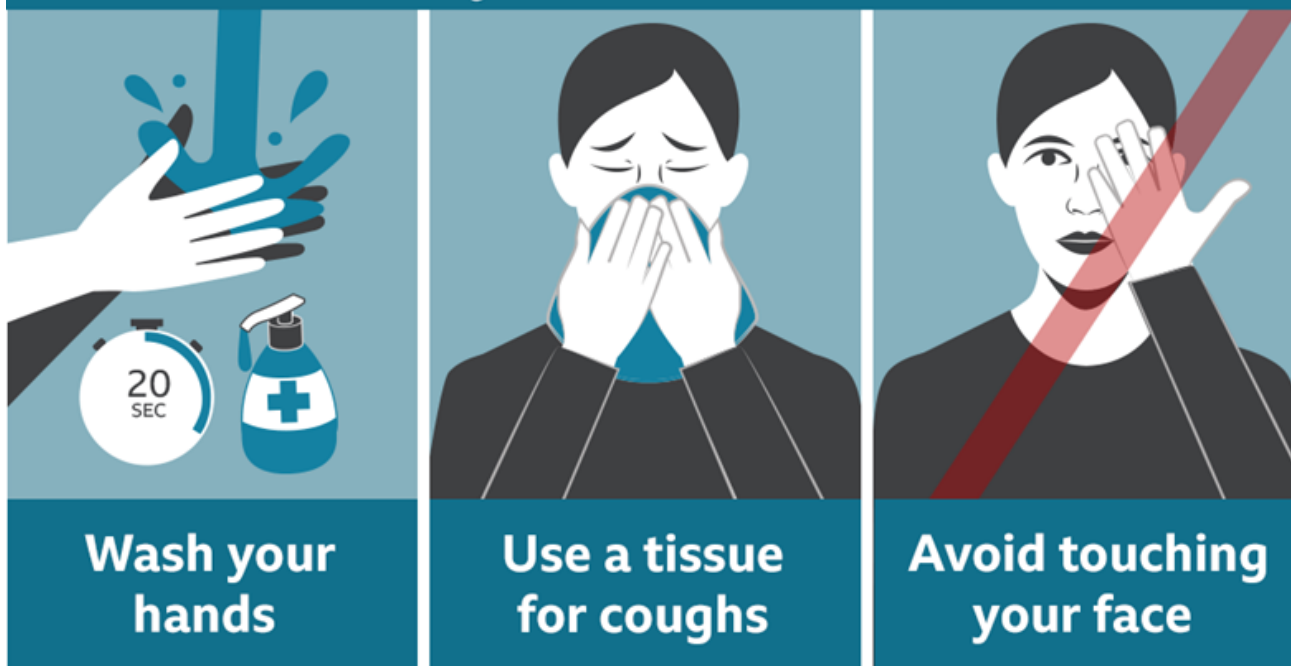
- If a family or child is ill, then the session should be postponed.
- Staff who feel unwell should stay at home and should not attend work – they should notify management immediately and notify parents or families.
- Parents, carers, families where their children is feel unwell should encourage them to stay at home and they should not attend the session with our Support Worker – they should notify MMOV immediately.
- Be care of touching door handles, lift buttons, shaking hands, hugging, etc., or unnecessary contact in public places.
- Use hand sanitiser after all physical contact.
- Where possible, avoid public transport or public areas.
- Washing your hands often - with soap and water or use alcohol sanitiser that contains at least 60% alcohol if handwashing facilities are not available - this is particularly important after taking public transport. **Guidance is available on handwashing**
- Covering your cough or sneeze with a tissue, then throw the tissue in a bin. **See Catch It, Bin It, Kill It**
- **Employees should wash their hands:**
 - Before leaving home
 - On arrival at work
 - After using the toilet
 - After breaks and sporting activities
 - Before food preparation
 - Before eating any food, including snacks
 - Before leaving work
 - On arrival at home
 - Avoid touching your eyes, nose, and mouth with unwashed hands
 - Clean and disinfect frequently touched objects and surfaces

Please see link for further information:

<https://www.gov.uk/government/publications/guidance-for-social-or-community-care-and-residential-settings-on-covid-19/guidance-for-social-or-community-care-and-residential-settings-on-covid-19>

PHE recommends that the best way to reduce any risk of infection for anyone is good hygiene and avoiding direct or close contact (within 2 metres) with any potentially infected person.

Coronavirus: What you need to do



COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

Several patients in England have now tested positive for the Novel coronavirus (2019-nCov) strain of coronavirus.

The UK Chief Medical Officer has assessed the current **risk to the public in the UK as moderate.**

Coronavirus is a type of virus. As a group, coronaviruses are common across the world. Typical symptoms of coronavirus include fever and a cough that may progress to severe pneumonia, causing shortness of breath and breathing difficulties.

Generally, coronavirus can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease.

Symptoms of coronavirus

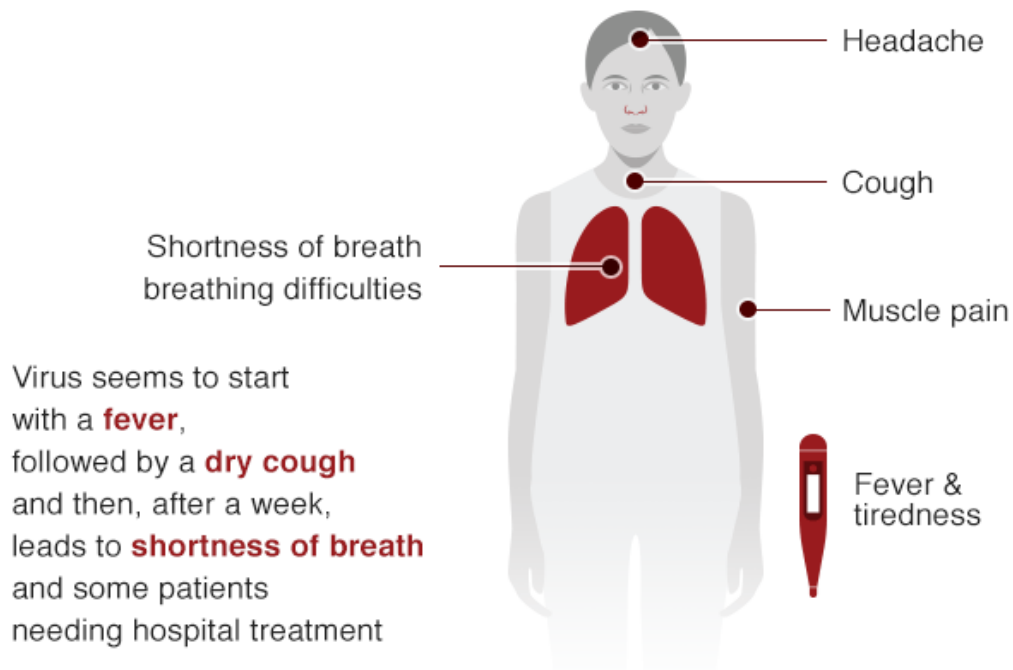
The symptoms of coronavirus are:

- a cough
- a high temperature
- shortness of breath

Guidance on facemasks

During normal day-to-day activities, facemasks do not protect from respiratory viruses, such as COVID-19 and do not need to be worn by staff in any of these settings. Facemasks are only recommended to be worn by infected individuals when advised by a healthcare worker, to reduce the risk of transmitting the infection to other people. It remains very unlikely that people receiving care in a care home or the community will become infected.

Symptoms of coronavirus (Covid-19)



Source: WHO

BBC

How to avoid catching or spreading coronavirus

- Wash your hands with soap and water often – do this for at least 20 seconds
- Always wash your hands when you get home or into work
- Use hand sanitiser gel if soap and water are not available
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin straight away and wash your hands afterwards
- Try to avoid close contact with people who are unwell
- Do not touch your eyes, nose or mouth if your hands are not clean

Check if you need medical help

- NHS 111 has an online coronavirus service that can tell you if you need medical help and advise you what to do.
- Use this service if:
 - You think you might have coronavirus
 - In the last 14 days, you've been to a country or area that is high risk.
 - You've been in close contact with someone with coronavirus
 - Use the 111 - Coronavirus service

Information:

Do not go to a GP surgery, pharmacy or hospital. Call 111 if you need to speak to someone.

If there's a chance you could have coronavirus, you may be asked to stay away from other people (self-isolate).

This means you should:

- Stay at home, do not go to work, school or public places do not use public transport or taxis
- Ask friends, family members or delivery services to do errands for you
- Try to avoid visitors to your home – it's OK for friends, family or delivery drivers to drop off food
- You may need to do this for up to 14 days to help reduce the possible spread of infection.

Read more coronavirus self-isolation advice.

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

What to do if an employee becomes unwell and believe they have been exposed to COVID-19

If the staff, member of the public or resident has not been to specified areas in the last 14 days, then the normal practice should continue.

If staff, member of the public or resident becomes unwell in the workplace and has travelled to China or other affected countries, the unwell person should be removed to an area which is at least 2 metres away from other people. If possible, find a room or area where they can be isolated behind a shut door, such as a staff office. If it is possible to open a window, do so for ventilation.

The unwell individual should call NHS 111 from their mobile, or 999 if an emergency (if they are seriously ill or injured or their life is at risk) and explain which country they have returned from in the last 14 days and outline their current symptoms. If the person affected is not able for any reason to call NHS 111 themselves, then a staff member should call on their behalf.

While they wait for advice from NHS 111 or an ambulance to arrive, they should remain at least 2 metres from other people. They should avoid touching people, surfaces and objects and be advised to cover their mouth and nose with a disposable tissue when they cough or sneeze and put the tissue in a bag then throw the tissue in the bin. If they don't have any tissues available, they should cough and sneeze into the crook of their elbow.

If they need to go to the bathroom while waiting for medical assistance, they should use a separate bathroom if available. This will apply only to the time while waiting for transport to the hospital.

What should I do to prevent catching and spreading the virus?



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



Throw away used tissues (then wash hands)



If you don't have a tissue **use your sleeve**



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell