

THE Good Practice Sessions

Session 6: Wednesday 1st July 2020, 1pm

Plan: Weekly meetings held on Wednesdays (1hr sessions)

Key Topics that were discussed in this session:

1. **Capacity in buildings**
2. **2m vs. 1m social distancing**
3. **Track and tracing**
4. **Coronavirus factsheet**

1) Capacity in buildings

Government guidelines advised about having 25% capacity, as procedures are going well, some organisations are increasing their capacities to 30-40%. Small rooms only have 1 person in at a time.

Some corridors and areas are not even getting to 25%, whereas opening upto 40% has been really useful for one organisation, allowing work to be carried out safely.

If they increase more than 40%, this may prove to be complicated and is something that organisations are going to be looking at over the next couple of months.

2) 2m vs 1m social distancing

Most places are advocating sticking to 2 meters, and when absolutely necessary to go down to 1m to 1.5m. Safety and keeping distance should be a priority.

3) Track and tracing

If anyone comes down with symptoms, it's very hard to pinpoint where the individual has caught Covid-19. Workplaces should contact Public Health England and isolate. Individuals should give the name, address and telephone number of all the individuals you have been in close proximity to. As many organisations have lots of processes to mitigate risks and to keep distance, then not many individuals will be in close contact with anyone.

If you have been 2 meters or less to individuals where they suspect of have tested positive for Covid-19, you need to make sure they know to isolate immediately and contact Public Health England.

If you or a member of your family suspect you have Coronavirus

- isolate immediately for 14 days
- go online and check your symptoms: <https://111.nhs.uk/covid-19/>
- check the 'Track and Trace' information (request an antibody test at the bottom of the link):

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus/>

If you are in any doubt, you can call [NHS free helpline service 111](https://111.nhs.uk/) Or Call Your Doctor

Anything more to add or comment on? - Contact j.p.ashton@istonline.org.uk

4) Coronavirus factsheet

What is Coronavirus

Coronavirus (Covid-19) is a new illness that can affect your lungs and airways. It is caused by a virus called coronavirus. Covid-19 is a new strain of coronavirus first identified in Wuhan City, China.

Like the common cold, Covid-19 infection usually occurs through close contact with a person with coronavirus via cough and sneezes or hand contact. A person can also be infected by touching contaminated surfaces if they do not wash their hands.

Symptoms of Coronavirus* **



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 mouth & nose with a tissue or sleeve (not 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

If you or a member of your family suspect you have Coronavirus

- isolate immediately for 14 days
- go online and check your symptoms: <https://111.nhs.uk/covid-19/>
- check the 'Track and Trace' information (request an antibody test at the bottom of the link): <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus/>

If you are in any doubt, you can call **NHS free helpline service 111**

Or Call Your Doctor

* Loss of Smell, Loss of Taste or conjunctivitis often occur in isolation.

** Headache, Abdominal Pain/Diarrhoea, Urticarial Rash, Erratic Glucose Control.