

Coronavirus (COVID-19) update 13/03/2020

We are following the Government Guidance and Public Health England (PHE) and have updated this following the COBRA meeting on 12/03/2020. The Alert status is now **HIGH**.

Please continue to

- wash your hands often with soap and water for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- cover your mouth & nose with a tissue or sleeve (not hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards

From 13/03/2020:-

You are advised to stay at home for 7 days if you have even mild symptoms of either:

- a high temperature
- a new, continuous cough

do not go to a GP surgery, pharmacy, A&E or hospital

You do not need to contact 111 to tell them you're staying at home.

Read the **NHS advice about staying home**

Use the NHS **111 online coronavirus service** only if:

you feel you cannot cope with your symptoms at home

your condition gets worse

your symptoms do not get better after 7 days

Only call 111 if you cannot get help online.

Measures we are taking now:-

- We have self-isolated all staff returning from holidays or travel abroad from 12/03/2020
- We have instructed all staff not to attend work for 7 days if they have any symptoms, however mild, of a high temperature and/or a new, continuous cough
- We are asking all visitors to comply with Government guidance and not to visit for 7 days if they have had any contact with anyone who has the virus or if they or anyone they live with have any symptoms, however mild of a high temperature and/or a new, continuous cough
- We have hand-washing facilities in every room, and sanitiser at all entrances – please use these as per recommended technique and guidance
- We have completed a hand-wash audit for all staff and confirmed they have all received training on this in the last 12 months
- We have instigated a 5 times/24 hours hard surfaces clean and disinfect procedure for all areas since 09/03/2020
- We have sent an e-mail update to all relatives, volunteers and friends of St Mary's about the current situation. If you have not received one, please check that Reception have your up-to-date e-mail address and we will include you in our e-mail updates.
- We are advising no physical contact – avoid handshakes or alternatives, hugs and kisses
- We advise visiting your relative in their room and avoid contact with other residents
- We are following the Archbishop's guidance for Communion and have suspended the administration of the chalice and our Priests are offering communion in one kind only