

## Review Sheet



Last Reviewed  
13 Jan '22



Last Amended  
13 Jan '22



Next Planned Review in 12 months, or sooner as required.

Business impact



Changes are important, but urgent implementation is not required, incorporate into your existing workflow.

Reason for this review

Change in legislation

Were changes made?

Yes

Summary:

This policy is an overarching policy on coronavirus and must be read alongside the suite of policies and procedures in the COVID-19 Hub. It has been reviewed in light of the recent update to the 'Management of staff and exposed patients or residents in health and social care settings' guidance which highlights that a PCR test is no longer required if someone has a positive lateral flow test. Section 5.9 has been updated to reflect this and references have been checked to ensure they remain current.

Relevant legislation:

- Civil Contingencies Act 2004
- Control of Substances Hazardous to Health Regulations 2002
- Equality Act 2010
- The Health and Social Care Act 2008 (Regulated Activities) Regulations 2014
- Health and Social Care Act 2008 (Registration and Regulated Activities) (Amendment) Regulations 2015
- Health and Safety at Work etc. Act 1974
- Management of Health and Safety at Work Regulations 1999
- Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 (RIDDOR)
- Coronavirus Act 2020

## Winash Rest Home

Winash Rest Home, 7 Albert Road, Clevedon, North Somerset, BS21 7RP

<p>Underpinning knowledge - What have we used to ensure that the policy is current:</p>	<ul style="list-style-type: none"> <li>• Author: UK Health Security Agency (Formerly Public Health England), (2022), <i>COVID-19: Management of staff and exposed patients or residents in health and social care settings</i>. [Online] Available from: <a href="https://www.gov.uk/government/publications/covid-19-management-of-exposed-healthcare-workers-and-patients-in-hospital-settings/covid-19-management-of-exposed-healthcare-workers-and-patients-in-hospital-settings?utm_campaign=12532839_Self%20isolation%20announcement&amp;utm_medium=email&amp;utm_source=UKHCA&amp;dm_i=1DVI.7GMEF.VOYMR2.L">https://www.gov.uk/government/publications/covid-19-management-of-exposed-healthcare-workers-and-patients-in-hospital-settings/covid-19-management-of-exposed-healthcare-workers-and-patients-in-hospital-settings?utm_campaign=12532839_Self%20isolation%20announcement&amp;utm_medium=email&amp;utm_source=UKHCA&amp;dm_i=1DVI.7GMEF.VOYMR2.L</a> [Accessed: 13/1/2022]</li> <li>• Author: GOV.UK, (2022), <i>NHS Test and Trace in the Workplace</i>. [Online] Available from: <a href="https://www.gov.uk/guidance/nhs-test-and-trace-workplace-guidance">https://www.gov.uk/guidance/nhs-test-and-trace-workplace-guidance</a> [Accessed: 13/1/2022]</li> <li>• Author: UK Health and Security Agency, (2021), <i>COVID-19 vaccination: a guide to booster vaccination</i>. [Online] Available from: <a href="https://www.gov.uk/government/publications/covid-19-vaccination-booster-dose-resources/covid-19-vaccination-a-guide-to-booster-vaccination">https://www.gov.uk/government/publications/covid-19-vaccination-booster-dose-resources/covid-19-vaccination-a-guide-to-booster-vaccination</a> [Accessed: 13/1/2022]</li> <li>• Author: UK Government, (2021), <i>COVID-19 Response: Autumn and Winter Plan 2021</i>. [Online] Available from: <a href="https://www.gov.uk/government/publications/covid-19-response-autumn-and-winter-plan-2021?utm_medium=email&amp;utm_campaign=govuk-notifications&amp;utm_source=3898025c-dc9b-4660-bfbb-d0bd1e4db649&amp;utm_content=immediately">https://www.gov.uk/government/publications/covid-19-response-autumn-and-winter-plan-2021?utm_medium=email&amp;utm_campaign=govuk-notifications&amp;utm_source=3898025c-dc9b-4660-bfbb-d0bd1e4db649&amp;utm_content=immediately</a> [Accessed: 13/1/2022]</li> <li>• Author: Department of Health and Social Care, UKHSA, CQC, (2021), <i>Admission and care of residents in a care home during COVID-19</i>. [Online] Available from: <a href="https://www.gov.uk/government/publications/coronavirus-covid-19-admission-and-care-of-people-in-care-homes/coronavirus-covid-19-admission-and-care-of-people-in-care-homes">https://www.gov.uk/government/publications/coronavirus-covid-19-admission-and-care-of-people-in-care-homes/coronavirus-covid-19-admission-and-care-of-people-in-care-homes</a> [Accessed: 13/1/2022]</li> <li>• Author: Department of Health and Social Care, (2021), <i>COVID-19: ethical framework for adult social care</i>. [Online] Available from: <a href="https://www.gov.uk/government/publications/covid-19-ethical-framework-for-adult-social-care">https://www.gov.uk/government/publications/covid-19-ethical-framework-for-adult-social-care</a> [Accessed: 13/1/2022]</li> <li>• Author: UK Health Security Agency (Formerly Public Health England), (2022), <i>COVID-19: Guidance for households with possible coronavirus infection</i>. [Online] Available from: <a href="https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance">https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance</a> [Accessed: 13/1/2022]</li> <li>• Author: Cabinet Office, (2022), <i>Coronavirus: how to stay safe and help prevent the spread</i>. [Online] Available from: <a href="https://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do">https://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do</a> [Accessed: 13/1/2022]</li> <li>• Author: Department of Health and Social Care, (2021), <i>COVID-19: How to work safely in care homes</i>. [Online] Available from: <a href="https://www.gov.uk/government/publications/covid-19-how-to-work-safely-in-care-homes">https://www.gov.uk/government/publications/covid-19-how-to-work-safely-in-care-homes</a> [Accessed: 13/1/2022]</li> <li>• Author: UK Health Security Agency (Formerly Public Health England), (2021), <i>COVID-19: infection prevention and control (IPC)</i>. [Online] Available from: <a href="https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control">https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control</a> [Accessed: 13/1/2022]</li> <li>• Author: GOV.UK, (2022), <i>Working safely during coronavirus (COVID-19)</i>. [Online] Available from: <a href="https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19">https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19</a> [Accessed: 13/1/2022]</li> </ul>
<p>Suggested action:</p>	<ul style="list-style-type: none"> <li>• Encourage sharing the policy through the use of the QCS App</li> </ul>
<p>Equality Impact Assessment:</p>	<p>QCS have undertaken an equality analysis during the review of this policy. This statement is a written record that demonstrates that we have shown due regard to the need to eliminate unlawful discrimination, advance equality of opportunity and foster good relations with respect to the characteristics protected by equality law.</p>

**Winash Rest Home**

Winash Rest Home, 7 Albert Road, Clevedon, North Somerset, BS21 7RP



## 1. Purpose

**1.1** To describe the arrangements in place at Winash Rest Home to ensure it remains up to date and is able to respond in the event of a Resident or contact, or member of staff contracting Coronavirus and the resulting disease, COVID-19.

**1.2** To support Winash Rest Home in meeting the following Key Lines of Enquiry:

Key Question	Key Lines of Enquiry
SAFE	S2: How are risks to people assessed and their safety monitored and managed so they are supported to stay safe and their freedom is respected?
SAFE	S3: How does the service make sure that there are sufficient numbers of suitable staff to support people to stay safe and meet their needs?
SAFE	S5: How well are people protected by the prevention and control of infection?
WELL-LED	W5: How does the service work in partnership with other agencies?

**1.3** To meet the legal requirements of the regulated activities that {Winash Rest Home} is registered to provide:

- | Civil Contingencies Act 2004
- | Control of Substances Hazardous to Health Regulations 2002
- | Equality Act 2010
- | The Health and Social Care Act 2008 (Regulated Activities) Regulations 2014
- | Health and Social Care Act 2008 (Registration and Regulated Activities) (Amendment) Regulations 2015
- | Health and Safety at Work etc. Act 1974
- | Management of Health and Safety at Work Regulations 1999
- | Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 (RIDDOR)
- | Coronavirus Act 2020



## 2. Scope

**2.1** The following roles may be affected by this policy:

- | All staff
- | Senior Management

**2.2** The following Residents may be affected by this policy:

- | Visitors
- | Residents

**2.3** The following stakeholders may be affected by this policy:

- | Family
- | Commissioners
- | External health professionals
- | Local Authority
- | NHS

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**3. Objectives**

**3.1** To ensure that Winash Rest Home makes a thorough assessment of the risks from COVID-19 in its premises and services, maintaining safe and effective procedures for all of its activities; and ensuring that all staff are equipped with the latest information, training and guidance required to properly manage the risk.

**3.2** Winash Rest Home will closely monitor all relevant operational guidance as it changes rapidly in response to the spread of the virus and developing understanding of its effective control.

Winash Rest Home will ensure that it stays up to date with reliable sources of information and that it has the flexibility to respond when required.

**4. Policy**

**4.1** Winash Rest Home recognises that the outbreak of coronavirus, SARS coronavirus-2 (SARS-CoV-2) which results in the disease COVID-19 and COVID-19 variants, is a fast-moving situation

As care providers, ensuring robust infection control and business continuity plans form part of preparing business at Winash Rest Home for any events that can cause disruption to the normal business.

**4.2** Winash Rest Home will ensure that staff are aware and understand the importance of pandemic preparedness and will carry out preparations to manage the impact of the virus by following the checklist in **HS14 - Pandemic Policy and Procedure** at Winash Rest Home. Winash Rest Home understands that business continuity planning involves all aspects of the business, and to be effective, Winash Rest Home must work with its partners, suppliers and commissioners to ensure that a safe and effective service can be maintained.

**4.3** Winash Rest Home understands that it has a responsibility for ensuring that staff follow good infection control and prevention techniques and that it supports Residents with this too. Winash Rest Home will ensure that staff have access to reliable information to reduce anxiety and dispel any myths and inaccurate information that may cause worry or distress to staff, Residents or the wider public.

**4.4** Winash Rest Home will ensure that this policy is read alongside other policies in the QCS COVID hub and additional guidance material in the Resource Centre.

**4.5** Winash Rest Home will ensure that a suitable and sufficient risk assessment of the COVID-19 transmission risks is in place. Staff can refer to **HR03 - Risk Assessment Policy and Procedure** and the suite of risk assessments on the QCS Management System for more information.



## 5. Procedure

### 5.1 Pandemic Policy

Winash Rest Home recognises that the WHO declared COVID-19 a pandemic on 11 March 2020. Winash Rest Home will ensure that it reviews HS14 - Pandemic Policy and Procedure. It will review the Pandemic Planning Checklist to ensure that the business is prepared for any further waves of the pandemic, ensure that robust business continuity plans are in place and that any lessons learned from earlier in the year are reflected.

### 5.2 Reducing the Risk of Contracting or Spreading the Virus

Winash Rest Home will ensure that staff, when not at work, follow the WHO and [government guidance](#) to reduce the risk of contracting the virus and the risk of spreading it. They must also support Residents to follow the government requirements and remind them that failure to follow this can result in a fine. Government guidance changes rapidly and Winash Rest Home will ensure that it keeps up to date with any changes.

Staff can also refer to the suite of COVID-19 policies and procedure at Winash Rest Home including CC18 - Infection Control Policy and Procedure and HS18 - Personal Protective Equipment (PPE) Policy and Procedure.

### 5.3 Handwashing

Staff must wash their hands:

- | Before leaving home
- | On arrival at work
- | After using the toilet
- | Before putting on or removing personal protective equipment (PPE)
- | After touching pets
- | After breaks and sporting activities
- | Before food preparation
- | After using public transport
- | Before eating any food, including snacks
- | Before leaving work
- | On arrival at home

### 5.4 At-Risk Groups

Winash Rest Home needs to ensure that Residents and staff who are considered particularly vulnerable to COVID-19 have a risk assessment in place.

Winash Rest Home will ensure that any additional guidance for vulnerable individuals is followed in line with [national guidance](#).

### 5.5 Safe Staffing

Winash Rest Home must use tools to report capacity for bed vacancies ([Capacity Tracker](#)) to support system resilience, where applicable, as outlined in the guidance [COVID-19: guidance on residential care provision](#) and [How to Work Safely in Care Homes](#).

Winash Rest Home must restrict, as far as possible, staff movement between the different premises of Winash Rest Home, to reduce the risk of the virus transmission. This is in line with [national guidance](#) on Restricting workforce movement between care homes and other care settings. Further information is available in the QCS resource centre.

### 5.6 Actions if a Resident Meets the Criteria and Displays Symptoms

- | If a Resident complains of symptoms, Winash Rest Home must ensure that staff understand the [Ethical Framework for Adult Social Care Staff](#)
- | The Resident must be isolated immediately. Staff must sensitively explain why they need to be moved and support with any anxiety and fears they may have
- | They must be isolated in a separate, single room with a separate bathroom, where possible
- | Winash Rest Home must seek advice from its local Health Protection Team if it has a single possible case of COVID-19
- | If a further clinical assessment is advised, contact their GP

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- | If symptoms worsen during isolation or are no better after 10 days, contact their GP for further advice around escalation and to ensure that person-centred decision making is followed
- | For a medical emergency dial 999
- | Staff must immediately instigate full infection control measures to care for the Resident with symptoms, which will avoid the virus spreading to other Residents at Winash Rest Home and stop staff members becoming infected. Winash Rest Home will follow HS18 - Personal Protective Equipment (PPE) Policy and Procedure and CC18 - Infection Control Policy and Procedure at Winash Rest Home and current [guidance on PPE](#)
- | Inform family members, where the Resident gives consent, so that they are kept informed. Where possible, support the Resident to notify their family
- | It is important that Residents are supported to remain in touch with their families while they are in isolation and the agreed way this will be achieved will be documented in the Care Plan
- | Review and update the Care Plan and risk assessment
- | Ensure that any advance decisions are recorded and that the correct documentation is available
- | Where the Resident lacks capacity, continue to explain and ensure that the least restrictive options are taken to maintain their safety and the safety of everyone at Winash Rest Home. Where required, involve the Resident's GP
- | Follow CC94 - COVID-19 Testing Policy and Procedure at Winash Rest Home and the Government's advice on their [website](#)

**5.7 Action if a Resident has Contact with Someone Who Has COVID-19 and Needs to Self-Isolate**

Where a Resident is informed that they have been in contact with someone who has tested positive for COVID-19, they do not need to self-isolate unless they are contacted by the NHS Test and Trace service. If they get any symptoms of COVID-19, they must self-isolate and get a test as soon as possible. Guidance on when to self-isolate and what to do can be found on the [NHS website](#).

Even if they do not have symptoms, they are strongly advised to:

- | Do daily rapid lateral flow tests (1 a day for 7 days), if they are fully vaccinated, to protect themselves and others from COVID-19 - find out more about daily testing on GOV.UK
- | Follow advice on how to avoid catching and spreading COVID-19
- | Avoid contact with people who are at higher risk from COVID-19

Further guidance on the admission and care of residents in a care home during COVID-19 can be found [here](#).

**5.8 Staff with Symptoms**

Staff must self-isolate straight away and get a PCR test as soon as possible if they have any of these 3 symptoms of COVID-19, even if they are mild:

- | A fever or high temperature (37.8C or greater)
- | A new, continuous cough
- | A loss or change to their sense of smell or taste

Anyone who tests positive for coronavirus must follow the current self-isolation requirements, which can be found [here](#).

**5.9 Action if a Member of Staff has Contact with Someone who has COVID-19 and Needs to Self-Isolate**

Staff must self-isolate straight away if:

- | They have tested positive for COVID-19. Staff members do not need to take a PCR test if they have already taken an LFD test and the result was positive unless:
  - | They wish to claim the [Test and Trace Support Payment](#)
  - | They have received an [email or letter from the NHS](#) because of a health condition that means they are suitable for new COVID-19 treatments
  - | They are taking LFD tests as part of research or surveillance programmes, and the programme asks them to take a follow-up PCR test
  - | They have a positive day 2 LFD test after arriving in England [after travel from another country](#)
- | Someone they live with or had close contact with has symptoms or tested positive, unless they are:

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- | Fully vaccinated – 14 days have passed since their final dose of a COVID-19 vaccine given by the NHS
- | Under 18 years and 6 months old
- | Taking part or have taken part in an approved COVID-19 vaccine trial
- | Not able to get vaccinated for medical reasons
- | They have been told by Test and Trace to self-isolate following contact with someone who tested positive

Guidance on when to self-isolate and what to do can be found on the [NHS website](#).

Where they are required to work in the 10 days following their last contact with the COVID-19 positive case, they must inform Heather House immediately.

In order to return to work the staff member must:

- | Be fully vaccinated and it has been more than 14 days since their second dose
- | Remain free of COVID-19 symptoms
- | Have a negative PCR test before coming out of self-isolation
- | Where they have tested positive in the last 90 days, they should not have a PCR test but undertake daily LFD antigen tests
- | Undertake daily negative LFD antigen tests
- | Comply with all infection control and PPE precautions in place
- | If they work with highly vulnerable Residents, they must be redeployed for the 10 day self-isolation period

Where staff do not meet these criteria they must self-isolate in line with the [stay at home guidance](#).

Where fully vaccinated staff are identified as household contacts, additional mitigations may need to be put in place by Winash Rest Home. Full details of the guidance can be found [here](#).

**5.10 Supporting Hospital Discharge**

Heather House will follow the guidance [Admission and Care of Residents in a Care Home During COVID-19](#), ensuring that communication channels remain open between the hospital and family and that the Resident is involved in all decisions and discussions.

**5.11 Isolation Notes Online**

[Isolation notes](#) will provide employees of Winash Rest Home with evidence for Winash Rest Home that they have been advised to self-isolate due to coronavirus, either because they have symptoms or they live with someone who has symptoms, and so cannot work.

Isolation notes can be obtained without contacting a doctor, to reduce the pressure on GP surgeries and prevent people needing to leave their homes.

For the first seven days off work, employees can self-certify so they do not need any evidence for Winash Rest Home. After that, Winash Rest Home may ask for evidence of sickness absence. Where this is related to having symptoms of coronavirus or living with someone who has symptoms, the isolation note can be used to provide evidence of the advice to self-isolate.

For staff who have returned from overseas and are required to self-isolate due to quarantine requirements and who have no symptoms, Winash Rest Home must refer to PA07 - Sickness Absence Policy and Procedure.

**5.12 Cleaning the Office and Workplace where there are Confirmed Cases of COVID-19**

Winash Rest Home will follow Government [guidance on cleaning](#). An additional cleaning schedule must be in place that includes but is not limited to:

- | All surfaces and objects which are visibly contaminated with body fluids
- | All potentially contaminated high-contact areas such as toilets, door handles, telephones
- | Clothing and linen used by the person should be set aside pending assessment of the person by a healthcare professional

**5.13 Waste Disposal**

Winash Rest Home must follow the [government guidelines](#) on waste disposal and be aware of any changes required due to local guidance.

**5.14 Working from Home**

Where staff at Winash Rest Home are able to work from home, following [current government guidance](#), and Winash Rest Home has agreed to the arrangement, Winash Rest Home will ensure that PC1

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9 - Home Working Policy and Procedure is followed.

Winash Rest Home will investigate mechanisms to communicate effectively with staff who work from home, and may include software such as Microsoft [Teams](#) or Zoom which support video conferencing and calls over Wi-Fi.

**5.15 Visitors**

Winash Rest Home will follow regional and [national guidance on visiting](#) and the types of visiting that can take place. Winash Rest Home will display information posters and advise anyone who is unwell to stay away, and Winash Rest Home will communicate clearly (see AR25 - Visitors Policy and Procedure ) and ensure that there is a visitor Care Plan in place for each Resident. Winash Rest Home will implement a track and trace system for visitors which can be carried out using the QCS Visitor software within the QCS Management System.

Staff can also refer to CC126 - Re-Opening to Visitors During COVID-19 Policy and Procedure for more information on how to open safely to visitors.

**5.16 Confidentiality**

Winash Rest Home will follow confidentiality and UK GDPR policies and procedures to ensure that the details of staff involved in caring for Residents with suspected or confirmed COVID-19 are kept confidential. Employees must also respect each other's confidentiality and take care not to inadvertently share information when using social media.

Where staff are suspected or confirmed to have contracted COVID-19, their personal details must be treated as confidential, as they would be for any other Resident at Winash Rest Home.

**5.17 Mass Testing and Vaccinations**

Winash Rest Home will seek to ensure that all care staff, alongside Residents, will be supported to follow GOV.UK guidance and requirements on any mass testing projects rolled out in response to spikes across the regions, to control further spread.

From 11 November 2021, all care home staff in England must be fully vaccinated against COVID-19 to be allowed entry to the premises. The requirement applies to anyone visiting a care home in a professional capacity, such as staff and professional visitors, unless they are exempt.

Winash Rest Home will ensure that [government guidelines](#) are followed in relation to staff vaccinations to ensure both their safety and wellbeing and that of the Residents. Winash Rest Home will also ensure that it keeps up-to-date records of coronavirus vaccinations and exemptions. Full details of the requirements can be found in the Mandatory COVID-19 Vaccination Policy and Procedure at Winash Rest Home.

**5.18 COVID-19 Booster Vaccinations**

A booster dose of the coronavirus (COVID-19) vaccine helps improve the protection from the first 2 doses of the vaccine. It helps give longer-term protection against getting seriously ill from COVID-19.

Winash Rest Home recognises that the coronavirus vaccination programme is continuing to evolve and will ensure that it follows the latest guidance in relation to vaccinations and booster programmes where required.

Those eligible for a booster vaccination will be contacted by the NHS and can get a booster dose if they had a 2nd dose of the COVID-19 vaccine at least 3 months ago. In some cases, those at highest risk may be able to get the booster vaccination earlier, in line with clinical guidance. Where a person has been given an extra (third) dose, a booster vaccination should be given around three months after the extra (third) dose.

Further information can be found in the Underpinning Knowledge/References section of this policy.

**5.19 Long COVID**

Winash Rest Home recognises that, as well as coronavirus, Residents and staff may also be affected by the long term effects of coronavirus, known as 'Long COVID'. Symptoms of Long COVID include:

- | Extreme tiredness (fatigue)
- | Shortness of breath
- | Chest pain or tightness
- | Problems with memory and concentration ("brain fog")
- | Difficulty sleeping (insomnia)
- | Heart palpitations
- | Dizziness
- | Pins and needles
- | Joint pain



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- | Depression and anxiety
- | Tinnitus, earaches
- | Feeling sick, diarrhoea, stomach aches, loss of appetite
- | A high temperature, cough, headaches, sore throat, changes to sense of smell or taste
- | Rashes

Where staff or Residents present with symptoms of long COVID and are worried 4 or more weeks after having coronavirus, they should contact their GP or be supported to, where this is part of the Resident's Care Plan. In the event of an emergency, 999 or 111, where appropriate, should be contacted.

Support can be provided to manage and monitor symptoms at home or specialist support may be required. Where this affects the care being provided to a Resident, a Care Plan review will be undertaken and staff informed of any care changes.

Further information on Long COVID can be found in the QCS COVID-19 Hub and within the Further Reading section of this policy.

**5.20 Risk Assessment**

Winash Rest Home will regularly review its COVID-19 Risk Assessment and the effectiveness of the measures implemented to reduce the risk of transmission in its premises and services.

The risk assessment will be reviewed:

- | Where positive cases are confirmed
- | In response to changes in relevant COVID-19 control guidance
- | Where deficiencies in the management of COVID-19 risks are identified



## 6. Definitions

### 6.1 Pandemic

- | A pandemic is the worldwide spread of a new disease. COVID-19 was characterised as a Pandemic on 11th March 2020

### 6.2 World Health Organisation

- | The World Health Organisation (WHO) is a specialised agency of the United Nations that is concerned with world public health

### 6.3 COVID-19

- | Novel coronavirus is a new strain of coronavirus first identified in Wuhan City, China. The virus was named Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2). The disease it causes is called COVID-19

- | A new variant of the disease, VOC-202012/01, was discovered in October 2020 and is known to spread more quickly than SARS-CoV-2. Further variants have also been found

- | The three most common symptoms of COVID-19 include:

- | A fever (37.8 degrees Celsius)
- | A new/persistent cough
- | A loss or change in the sense of smell or taste

Everyone is different and may suffer from other symptoms including a sore throat, runny nose, muscle aches, chills etc.

- | The virus causing COVID-19 is spread through close contact between people, typically where they are within 1 metre of each other. A person can become infected when aerosols or droplets containing the virus are inhaled or come directly into contact with the eyes, mouth or nose

### 6.4 Outbreak

- | A disease outbreak is the occurrence of disease cases in excess of normal expectancy. The number of cases varies according to the disease-causing agent and the size and type of previous and existing exposure to the agent

### 6.5 The Health Protection (Coronavirus) Regulations 2020

- | The Health Protection (Coronavirus) Regulations 2020 were put in place with immediate effect on 25th February to impose restrictions on any individual considered by health professionals to be at risk of spreading the virus
- | The regulations apply to any individuals seeking to leave supported isolation before the current quarantine period is complete. It will also apply to future cases during the current coronavirus incident where an individual who may be infected or contaminated could present a risk to public health

### 6.6 Social Distancing

- | Examples of social distancing include keeping a physical distance from other people not from your household (between one and two metres), working from home where possible, reducing the number of in-person meetings, working remotely where possible
- | Social distancing measures are steps you can take to reduce the social interaction between people. This will help reduce the transmission of coronavirus (COVID-19)

### 6.7 Health and Social Care Key Workers

- | This includes but is not limited to doctors, nurses, midwives, paramedics, social workers, care workers, and other frontline health and social care staff including volunteers; the support and specialist staff required to maintain the UK's health and social care sector; those working as part of the health and social care supply chain, including producers and distributors of medicines and medical and personal protective equipment

### 6.8 Long COVID

- | Long COVID describes the effects resulting from COVID-19. It now refers to those who continue to experience long term effects of COVID. Some have reported symptoms in excess of 12 weeks

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**Key Facts - Professionals**

Professionals providing this service should be aware of the following:

- | Wash 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
- | Winash Rest Home must make sure that it has the facts about the coronavirus or the disease COVID-19 from a reliable source. UK Health Security Agency and the Department of Health and Social Care are two examples
- | Winash Rest Home must have an up-to-date business continuity plan in place. HS14 - Pandemic Policy and Procedure has a checklist to help plan for an outbreak of a disease like COVID-19. It is important that this is updated to help prepare for future waves of coronavirus
- | It is important that Residents are made aware of how they can help limit the spread of COVID-19 and that they understand the signs and symptoms of the disease
- | Winash Rest Home will need to work closely with North Somerset, health providers, suppliers and other agencies to ensure that there is continuity and consistency of care

**Key Facts - People affected by the service**

People affected by this service should be aware of the following:

- | A coronavirus is a type of virus. Coronaviruses are common across the world. Typical symptoms of coronavirus include fever, a cough and a loss or change in your sense of smell or taste, that may progress to severe pneumonia causing shortness of breath and breathing difficulties. This virus is called Coronavirus. The disease it causes is called COVID-19
- | Although vaccines are being rolled out, you must still wash your hands regularly with soap and water which will help prevent the spread of the disease. Try not to touch your eyes, nose and mouth with unwashed hands
- | It is ok to feel worried or anxious. Winash Rest Home has plans in place to make sure you will get the care that you need



## Further Reading

As well as the information in the 'underpinning knowledge' section of the review sheet we recommend that you add to your understanding in this policy area by considering the following materials:

**Refer to the suite of Winash Rest Home Policies and Procedures, including:**

- | Home Working Policy and Procedure
- | Personal Protective Equipment (PPE) Policy and Procedure
- | Infection Control Policy and Procedure
- | Pandemic Policy and Procedure
- | Sickness Absence Policy and Procedure
- | Visitors Policy and Procedure
- | Visiting out of Care Homes Policy and Procedure
- | Re-opening to Visitors During COVID-19 Policy and Procedure
- | COVID-19 Testing Policy and Procedure
- | Admissions During COVID-19 Policy and Procedure
- | Assessing and Reducing Risk to Workforce (COVID-19) Policy and Procedure
- | Mandatory COVID-19 Vaccination Policy and Procedure
- | Staff Vaccination and Immunisation Policy and Procedure

**WHO - Hand Hygiene: Why, How & When?**

[https://www.who.int/gpsc/5may/Hand\\_Hygiene\\_Why\\_How\\_and\\_When\\_Brochure.pdf](https://www.who.int/gpsc/5may/Hand_Hygiene_Why_How_and_When_Brochure.pdf)

**Public Health England Posters:**

<https://campaignresources.phe.gov.uk/resources/search?utf8=%E2%9C%93&query=COVID-19>

**NHS - Long-Term Effects of Coronavirus (Long COVID):**

<https://www.nhs.uk/conditions/coronavirus-covid-19/long-term-effects-of-coronavirus-long-covid/>

**British Heart Foundation - Long Covid: The Symptoms and Tips for Recovery:**

<https://www.bhf.org.uk/informationsupport/heart-matters-magazine/news/coronavirus-and-your-health/long-covid>

**NHS - Booster Dose of the Coronavirus (COVID-19) Vaccine:**

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-booster-vaccine/>



## Outstanding Practice

To be 'outstanding' in this policy area you could provide evidence that:

- | The wide understanding of the policy is enabled by proactive use of the QCS App
- | Winash Rest Home has robust infection control policies and procedures in place and staff understand the importance of good hand hygiene, how to use personal protective equipment appropriately and they share their knowledge with Residents appropriately
- | Staff have accurate and up-to-date information and Winash Rest Home is able to respond quickly and safely to a fast changing situation
- | Winash Rest Home has shared its pandemic and business continuity plan and everyone knows what their roles and responsibilities are



## Forms

Currently there is no form attached to this policy.