

Health and safety COVID-19 risk assessment update for 3rd December 2021

Carried out by: Vicki Dumont, Nursery Manager

Date updated: 03/12/2021

Who is at risk:	Level of risk:	Control measures and person(s) responsible:	Review:
<p>All staff, children, parents, visitors are at risk. May be at high risk from coronavirus: are aged 70 or older, are pregnant, have a learning disability, have a lung condition that's not severe (such as asthma, COPD, emphysema or bronchitis) have heart disease (such as heart failure), have high blood pressure (hypertension), have diabetes, have chronic kidney disease, have liver disease (such as hepatitis), have a condition affecting your brain or nerves (such as Parkinson's disease, motor neurone disease, multiple sclerosis, or cerebral palsy), have a problem with your spleen or have had your spleen removed, have a condition that means you have a high risk of getting infections (such as HIV, lupus or scleroderma), are taking medicine that can affect your immune system (such as low doses of steroids), are very obese (a BMI of 40 or above)</p>	<p>05/21 England risk Level 3</p> <p>19/07/21 England Stage 4</p> <p>30/11/21 R range for England 1.0 to 1.1. Growth rate range for England -1% to +2%.</p> <p>13/12/21 England moved to Plan B due to increased risk.</p> <p>In general, the risk of catching or passing on COVID-19 is higher in crowded and enclosed spaces.</p>	<p>Limit the number, proximity and duration of social contacts, increasing close contact gradually.</p> <p>Meet outdoors where possible and let fresh air into the buildings.</p> <p>Clean surfaces that people touch regularly.</p> <p>Face coverings should be worn in communal areas in all settings by staff, parents, carers and visitors, unless they are exempt. We will have a small contingency supply of face coverings for those who do not have access to or have forgotten their face covering.</p> <p>Ensure that staff, parents, children and visitors who are unwell do not attend the nursery / workplace.</p> <p>Everyone must self-isolate if they are told to do so by NHS Test and Trace. Adults who are fully vaccinated or not able to get vaccinated for medical reasons, and all children and young people aged between 5 to 18 years and 6 months, identified as a close contact of someone with COVID-19, are strongly advised to take a lateral flow device (LFD) test every day for 7 days and continue to attend their setting as normal, unless they have a positive test result. Adults who are not fully vaccinated identified as a close contact of someone with COVID-19 are required to self-isolate following government guidance or their notification from NHS Test and Trace.</p> <p>All adults in England have now been offered a COVID-19 vaccine. The coronavirus (COVID-19) vaccines are safe and effective. They give you the best protection against COVID-19. If you have not yet received the COVID-19 vaccine, you should get vaccinated. Booster vaccines are also being offered to over 18s.</p> <p>Testing twice a week increases the chances of detecting COVID-19 when a person is infectious - helping to make sure you don't spread COVID-19. Rapid lateral flow testing is available for free to anybody, but is particularly focused on those who are not fully vaccinated, those in education, and those in higher-risk settings such as the NHS, social care and prisons.</p> <p>Regular hand washing is an effective way to reduce your risk of catching illnesses, including COVID-19. It is particularly important to wash your hands after coughing, sneezing and blowing your nose, before you eat or handle food, after coming into contact with surfaces touched by many others, after coming into contact with shared areas such as kitchens and bathrooms, and when you return home.</p> <p>Anyone unwell without COVID-19 symptoms, or with a negative COVID-19 test result may still have an illness which could be passed on to other people. Staying at home until they feel better reduces the risk that they will pass on an illness to friends, colleagues, and others in our community. This will help reduce the burden on our health services. Lateral flow tests will not be accepted when a PCR test is needed.</p> <p>Clinically extremely vulnerable people are advised to follow the same guidance as everyone else.</p> <p>People arriving from other countries must quarantine and test as set out by the government. People who qualify as fully vaccinated must quarantine and take a PCR test before the end of day 2 after they arrive in England. People who are not fully vaccinated must quarantine at home or in the place they are staying for 10 full days; and must take day 2 and day 8 COVID-19 PCR tests. People arriving in England from a red list country must quarantine in a managed hotel and take 2 COVID-19 PCR tests; even if you are fully vaccinated.</p>	<p>Review:</p>

This risk assessment is based on the Government guidance [\[COVID-19\] Coronavirus restrictions: what you can and cannot do - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do) accessed 13/07/2021 and updated following the new guidance in light of the discovery of a new variant of Covid-19, known as the Omicron variant on 29/11/2021.

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<p>Person unwell with COVID symptoms or positive case, and their close contacts.</p> <p>The most important symptoms of COVID-19 are recent onset of any of the following:</p> <ul style="list-style-type: none">a new continuous cougha high temperaturea loss of, or change in, your normal sense of taste or smell (anosmia)	High	<p>If you develop COVID-19 symptoms, self-isolate immediately and get a PCR test, even if your symptoms are mild. You should self-isolate at home while you book the test and wait for the results. You must self-isolate if you test positive. Your isolation period includes the day your symptoms started (or the day your test was taken if you do not have symptoms), and the next 10 full days. This is the law.</p> <p>If you test positive you will still need to self-isolate regardless of your vaccination status or age.</p> <p>Lateral flow tests will not be accepted.</p>	

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