

Health and safety COVID-19 risk assessment update for 19th July 2021

Carried out by: Vicki Dumont, Nursery Manager

Date updated: 13/07/2021

| 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>From 19 July England moves to Step 4 of the roadmap.</p> <p>Everyone should be cautious whilst managing the risks as cases of COVID-19 remain high.</p> | <p style="text-align: center;">Control measures and person(s) responsible:</p> <p style="text-align: center;">Limit the number, proximity and duration of social contacts, increasing close contact gradually. Meet outdoors where possible and let fresh air into the buildings. Expect and recommend that people wear face coverings in crowded, communal areas. Clean surfaces that people touch regularly.</p> <p>Ensure that staff, parents, children and visitors who are unwell do not attend the workplace or venue. Everyone must also self-isolate if they are told to do so by NHS Test and Trace, for example if they have come into contact with someone who has tested positive. This remains the law, regardless of vaccination status. (From 16 August, those who have been fully vaccinated or are under 18 years and 4 months old will be exempt from the requirement to self-isolate if they are a contact of a positive case. They will need to take a PCR test as soon as possible.)</p> <p>All adults in England have now been offered at least one dose of 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. It usually takes around two to three weeks for an antibody response to develop. You need two doses of vaccine for maximum protection against COVID-19. 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, such as handles, handrails and light switches, 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.</p> <p style="text-align: center;">Clinically extremely vulnerable people are advised to follow the same guidance as everyone else. Anyone arriving from red list countries and for those people not fully vaccinated arriving from amber list countries must quarantine as set out by the government.</p> | |

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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) | | <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> | |
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