

Covid Guidance Staff Update 23rd May 2022

Thank you for your efforts and compliance with the Covid guidance Aspire has sent to date. We really appreciate the professionalism and commitment our staff have shown.

As we progress through the next phase of the pandemic, we must continue to take the instructions, guidance and advice offered by the Government seriously and must not become complacent about the continued presence of this virus within our communities, and the real risk this continues to have for many of the vulnerable individuals we support and their families/carers. Individually and collectively, we need to take care of each other and those we support. If people don't follow guidelines, they could put their families, colleagues and supported individuals at risk. We provide support to a lot of frail, vulnerable people who are at higher risk of becoming very unwell or dying. We must continue to do everything we can to avoid that.

In Scotland for the general public, all covid rules and restrictions have been lifted, **but the virus has not gone away** and infection prevention and control guidance remains in place. Everyone is urged to get their **covid vaccinations** when offered to ensure they are fully protected and to care for yourself and others to help slow down the spread of the virus and reduce pressure on our health services.

Everyone is urged to stay at home and avoid contact with other people if they are unwell with symptoms of a respiratory infection and have a high temperature or do not feel well enough to go to work or carry out normal activities.

Symptoms of coronavirus, flu and common respiratory infections include:

- continuous cough
- high temperature, fever or chills
- loss of, or change in, your normal sense of taste or smell
- shortness of breath
- unexplained tiredness, lack of energy
- muscle aches or pains that are not due to exercise
- not wanting to eat or not feeling hungry
- headache that's unusual or longer lasting than usual
- sore throat, stuffy or runny nose
- diarrhoea
- feeling sick or being sick

General guidance is to:

- open windows when socialising indoors
- wear a face covering in indoor public places and on public transport
- wash your hands to protect yourself

Aspire staff must continue to follow infection control and prevention guidance and are responsible for remaining aware of the most current advice and guidance available, minimising risk to themselves, their families, and the people we support. The most recent guidelines from the Scottish Government can be accessed at [Coronavirus in Scotland - gov.scot \(www.gov.scot\)](https://www.gov.scot/Coronavirus-in-Scotland).

To prevent becoming infected, frequently wash your hands with soap and warm water for 20 seconds. Use alcohol sanitisers with at least 60% alcohol only if handwashing facilities are not available. Dry your hands completely with a disposable towel. Use the disposable towel to turn off the tap.

Wash your hands frequently and after:

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- taking public transport
- before leaving home and arriving home
- on arrival and on leaving each work environment
- after using the toilet
- before food preparation
- before eating any food, including snacks
- after using supermarket trolleys etc. (clean trolleys before use if possible)
- after breaks and personal activities

We must all remain vigilant in ensuring that no action or omission on our part gives the virus a chance to spread.

- Wear face coverings inside shops, restaurants, public transport etc.
- Avoid touching your face, eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in a bin and wash your hands. Catch It, Bin It, Kill It.
- Clean and disinfect frequently touched objects and surfaces at least x2 daily with domestic/anti-bacterial cleaning products in work or domestic settings.

Staff must continue to use personal protective equipment (PPE) for activities that bring them into close personal contact, such as washing and bathing, personal hygiene and contact with bodily fluids. Aprons, gloves and fluid repellent surgical masks must be used in these situations. If there is a risk of splashing, then eye protection will minimise risk.

New personal protective equipment must be used for each episode of care.

If you feel unwell, contact your line manager or on-call manager, stay at home, arrange a COVID-19 test and follow NHS advice on [Coronavirus \(COVID-19\) - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Please contact the HR department if you have concerns re income and sickness support. As employee owners, this is your company. We all need to do the right thing by the company to ensure it remains financially viable and support genuine staff need. We do not intend to support anyone who may see an opportunity to take advantage this current situation. Some decisions will be determined at the manager's discretion. Any such situations will be equally considered with all relevant information to ensure fairness for all staff.

Please download and utilise the Health Assured App which has lots of helpful information and programs for you to follow to assist in your physical, mental health and wellbeing:

<https://healthassuredeap.co.uk/home>

Username: Aspire

Password: xxxxxx [removed when placing details on the website. Please contact HR for the password]

Aspire are following recent Scottish Government advice on the testing requirements for social care staff which stipulates that A-symptomatic testing should now consist of 2 LFT tests per week spaced 3 – 4 days apart.

Please provide your manager with updates on your vaccination status and continue to keep yourself and others safe and well.

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Thank you