

**April 2022 - New COVID-19
Guidance Updates in Adult
Social Care**

**Government's plan
“Living with COVID-19”**

A word cloud featuring the phrase "thank you" in various languages and scripts. The central and largest text is "thank you" in red. Other prominent words include "danke" (blue), "gracias" (green), "merci" (orange), "teşekkür ederim" (pink), "dank je" (green), "dziękuję" (pink), "obrigado" (green), "sukriya" (purple), "kop khun krap" (green), "arigatō" (purple), "tak" (green), "dakujem" (orange), "merci" (orange), "mochchakkeram" (blue), "maith agat" (purple), "sagolun" (purple), "najs tuke" (purple), "terima kasih" (yellow), "raimat" (purple), "kam sah hamnida" (purple), "diti madloba" (purple), "mesī" (purple), "sobodī" (purple), "dekuji" (purple), "nannī" (purple), "nandri" (purple), "kiitos" (purple), "dankie" (purple), "mauriuru" (purple), "kōsōnōm" (purple), "hvala" (purple), "grācie" (purple), "bayarlalaa" (purple), "nanni" (purple), "enkosi" (purple), "spasibo" (purple), "Баярлалаа" (purple), "рахмат" (purple), "vinaka" (purple), "spasibi" (purple), "blagodaram" (purple), "mersi" (purple), "kia ora" (purple), "barka" (purple), "welalin" (purple), "tack" (purple), "misaotra" (purple), "matondo" (purple), "paldies" (purple), "grazzi" (purple), "mahalo" (purple), "tapadh leat" (purple), "xвала" (purple), "asante" (purple), "manana" (purple), "obrigada" (purple), "murakoze" (purple), "tenki" (purple), "chokrane" (purple), "mamnun" (purple), "dijere dieuf" (purple), "tau" (purple), " дякую" (purple), "mochchakkeram" (purple), "sulpay" (purple), "go raibh maith agat" (purple), "arigatō" (purple), "dhanyavadagalū" (purple), "shukriya" (purple), "merce" (purple), "merci" (purple), "tanemirt" (purple), "rahmet" (purple), "arigatō" (purple), "dholch" (purple), "dhanyavadagalū" (purple), "shukriya" (purple), "merce" (purple), "merci" (purple), "euχαριστώ" (purple), "xiexie" (purple), "감사합니다" (purple), "তোমাকে ধন্যবাদ" (purple), "nngiyabonga" (red), "teşekkür ederim" (pink), "dank je" (green), "gracias" (green), "dziękuję" (pink), "obrigado" (green), "sukriya" (purple), "kop khun krap" (green), "arigatō" (purple), "tak" (green), "dakujem" (orange), "merci" (orange), "mochchakkeram" (blue), "maith agat" (purple), "sagolun" (purple), "najs tuke" (purple), "terima kasih" (yellow), "raimat" (purple), "kam sah hamnida" (purple), "diti madloba" (purple), "mesī" (purple), "sobodī" (purple), "dekuji" (purple), "nannī" (purple), "nandri" (purple), "kiitos" (purple), "dankie" (purple), "mauriuru" (purple), "kōsōnōm" (purple), "hvala" (purple), "grācie" (purple), "bayarlalaa" (purple), "nanni" (purple), "enkosi" (purple), "spasibo" (purple), "Баярлалаа" (purple), "рахмат" (purple), "vinaka" (purple), "spasibi" (purple), "blagodaram" (purple), "mersi" (purple), "kia ora" (purple), "barka" (purple), "welalin" (purple), "tack" (purple), "misaotra" (purple), "matondo" (purple), "paldies" (purple), "grazzi" (purple), "mahalo" (purple), "tapadh leat" (purple), "xвала" (purple), "asante" (purple), "manana" (purple), "obrigada" (purple), "murakoze" (purple), "tenki" (purple), "chokrane" (purple), "mamnun" (purple), "dijere dieuf" (purple), "tau" (purple), " дякую" (purple), "mochchakkeram" (purple), "sulpay" (purple), "go raibh maith agat" (purple), "arigatō" (purple), "dhanyavadagalū" (purple), "shukriya" (purple), "merce" (purple), "merci" (purple), "tanemirt" (purple), "rahmet" (purple), "arigatō" (purple), "dholch" (purple), "dhanyavadagalū" (purple), "shukriya" (purple), "merce" (purple), "merci" (purple), "euχαριστώ" (purple), "xiexie" (purple), "감사합니다" (purple), "তোমাকে ধন্যবাদ" (purple).

Full COVID-19 symptoms list

Symptoms of coronavirus (COVID-19) in adults can now include:

- a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to take your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

Resident Testing

Asymptomatic Testing : No requirement to undertake any regular asymptomatic testing for residents



Symptomatic Testing : Resident with symptoms of COVID-19 should isolate and take an LFD test **ASAP**. Second test to be undertaken 48 hours to confirm their COVID-19 status

Positive Results : Isolate for 10 days. Isolation can end if 2 consecutive LFD tests (taken 24 hours apart) return a negative result from day 5. Testing does not need to be completed when 10 full days of isolation is completed, as long as no fever remains.

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Negative Results : If the tests return two negative results, isolation can end

Inconsistent results : If first test is positive and the second is negative and vice versa. In any instance a positive result triggers the advice to isolate where possible.

Contacts of residents

Residents who are close contacts of a COVID-19 case do not need to isolate nor undertake additional testing.

Where possible, avoid contact with the person who has COVID-19, especially with anyone who is at higher risk.

Testing should only be undertaken if the contact develops symptoms.

Staff Testing

Asymptomatic : Staff to test twice weekly only. Prior to the shift beginning and spaced 3-4 days apart.

Symptomatic : If any staff experience symptoms two lateral flow device (LFD) tests should be undertaken **ASAP**. **Second test should be taken 48 hours after the first.** **Symptomatic staff should stay away from work, conducting testing at home only and returning only if both LFDs return negative. Absence of a temperature should accompany the negative LFDs. positive result are advised not to attend work for 5 days.**

Staff can return to work once they return two consecutive negative LFD tests, ideally 24 hours apart. Tests can be undertaken from 5 days after symptoms started (or the date of the test). If a staff member does not return negative lateral flow tests after the recommended 10-day isolation, you should encourage staff to continue testing until day 14. Regardless of the result on day 15 staff can return to work providing they are also medically fit to do. If unsure contact IPC for guidance

PCR Testing : There is currently no requirement for symptomatic or asymptomatic PCR testing.

Outbreak Testing

No change

Visitors to the setting

Professionals : NHS / CQC staff should provide proof of a negative LFD result taken within the last 72 hours prior to entering a setting.

Essential Care Givers (ECG) : ECGs **Providing personal care are required to test twice per week.** This testing should be provided by the home. ECGs not providing personal care are not required to test and can continue to visit their loved ones in all circumstances, including in isolation and outbreak periods.

Visitors : General visitors do not need to test prior to seeing their loved ones. If they wish to test they should purchase these privately.

PPE

Staff should wear a type IIR mask, eye protection, apron and gloves when:-

- Providing personal care to someone suspected or confirmed to have COVID-19
- when cleaning room of someone suspected or confirmed COVID-19
- At possible risk of contact with bodily fluids
- If taking a cup of tea to a suspected or positive resident and setting it down and no risk of body fluid transmission IIR mask and eye protection required but risk assess apron and gloves
- If unsure what you will come across wear all PPE



PPE

- When not caring for a person suspected or confirmed COVID-19
- Social contact –Sessional type 1,11 or IIR mask
- Care or domestic task with likely contact with blood or body fluids Sessional type 1,11 or IIR mask, IIR if splashing, keep it simple use IIR, risk assess eye protection, wear gloves and apron as you would good old fashioned IPC.
- Tasks not involving blood or body fluids Sessional type 1,11 or IIR mask

AGP's

- If suspected or confirmed COVID or other respiratory virus FFP3 mask, gloves and long sleeved gown if risk of splashing
- If not suspected or confirmed COVID or other respiratory virus IIR mask, gloves and long sleeved gown if risk of splashing

Discharge considerations specific to Care homes

Hospital to Care home : Care homes are able to accept COVID-19 positive residents from hospital. In order to protect both the new admission and your current residents, homes must be able to provide:

- Assurances the setting can manage positive residents who walk with purpose and/or the ability to provide a separate communal area.
- Ability to keep positive and negative residents in separate spaces
- Assurances that staff are aware of the extra IPC precautions required, from cleaning of rooms, provision of meals and washing of clothes/bedding.

People who return a negative test result prior to discharge should not be required to self-isolate. Testing will be a PCR result unless the resident is within their 90-day period.

Those in the 90-day period will have an LFD result. This would not be the case, however, if the person had come from a part of the hospital where there is an active outbreak. In this case, a new resident would be required to self-isolate for 10 days.

Discharge considerations specific to Care homes

Community/another care setting to care setting : Residents should take a PCR test within a 72-hour window before they are admitted. This test should be an LFD if they have tested positive within the last 90 days. An LFD test should also be conducted on the day of admission.

Any positive results returned should follow the isolation process as listed above (in the Resident Testing section). A positive test does not prevent admission.

COVID-19 doesn't take a break

Make sure you stay alert on yours...



Making hot
drinks



Washing your
hands



Keep a safe distance
and try not to huddle



Keep safe in busy
places outside work

Our vulnerable residents and patients need us to stay safe, even when **fully vaccinated**. Thank you for your continued support.

How can I stay COVID-19 safe?



Ensure you are bare below the elbow (no watches, false nails, nail varnish and no jewellery, other than a plain wedding band).



Stay safe if using a smoking shelter.



Stay safe during lunch breaks, spread out and eat in a separate space or outside if you can.



Ensure surfaces and objects are cleaned regularly between each use and each resident/patient.



Ensure that you clean work equipment such as keys, lanyards, pagers and pens between uses.



Make your own drinks and remember to wash your hands.



Avoid car sharing if you can, or keep to two people max if possible. Sit apart, wear PPE and ventilate.



Make sure you wear your PPE correctly (wear masks over your nose and mouth - don't pull them down to answer calls or talk to people).



If you take your mask off at any point, put it in the bin.



Make sure to use the dedicated donning and doffing areas for PPE.



Ensure all social interactions are COVID-19 safe.



Remain vigilant at all times, especially during handovers.

Thank you for your continued support

**Its over out there but not in
care**

Questions, queries or concerns?

eryccg.covidcarehomes@nhs.net

07851 260 800

Monday – Friday, 8:30am – 4:30pm

Available to any care home in Hull and East Riding