

## Nurture Group have Signed up for Home Lateral Flow Testing Kits

Nurture Group have highlighted office or workshop based team members are at a higher risk as YOU are working in indoors locations where spread of virus could be higher

# Test yourself for COVID-19 twice a week

Up to 1 in 3 people are asymptomatic - they show no signs of having COVID-19. Testing yourself regularly helps stop the virus spreading.

As an addition to our current Covid management procedures we are adding the use of Lateral Flow tests as a further control measures.

We expect ALL office / Workshop personnel to complete these tests twice / week

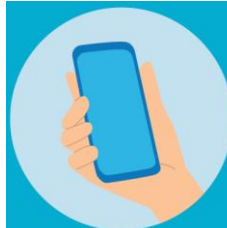
We have ordered enough kits for all office & workshop based team members to complete a test twice per week. Each Kit has 7 tests



### Testing

Testing is simple and quick - you can do it at home and get the result in 30 minutes. Test yourself twice a week, or every 3 to 4 days.

We also **ENCOURAGE** you to Report your results on the national database – **You MUST** do this anyway if Positive test



### Report your result

You should report your result immediately [www.gov.uk/report-covid19-result](http://www.gov.uk/report-covid19-result). Please also report your result to your employer.

### How it will work:

1. All kits delivered to Nursery Court for dispatch to other regions
2. Dispatched to other Depots
3. Each Kit has a reference I/D number and needs to be allocated to an individual (in case of checking)
4. You take kits home & complete the tests at home – full instructions within the test kits
5. Log results on the national database
  - You **MUST** do this if test is **POSITIVE**
  - You **SHOULD** log test also if **NEGATIVE** result & we positively encourage you to do this.

If Positive **YOU MUST** follow the current self-isolation procedures

## How the Device Works

The self-test kits are lateral flow devices.  
 The device detects the presence or absence of COVID-19 by applying a test sample to the device's absorbent pad.  
 The sample runs along the surface of the pad showing a visual positive or negative result.  
 Results are ready in 30 minutes. Tests come in packs of 7.



## What You Need to Do once results are known

If you test **POSITIVE**, you should book a confirmatory PCR test.  
 This can be done via <https://www.gov.uk/get-coronavirus-test>

Visiting a community or drive through test site is the quickest way to get tested, or you can order a home test kit. It is important that you self-isolate until the result of your PCR test.

**YOU** must follow the self-isolation rules from the moment a positive test is identified whilst waiting for the PCR test results

If you test **NEGATIVE**, no further action is required until the next test, but remain vigilant to COVID-19 symptoms.

If the test is **VOID** (invalid) please take another test as soon as possible.

To report your result you need the barcode on the test strip (or the ID number under it). You must report your result either online at [www.gov.uk/report-covid19-result](http://www.gov.uk/report-covid19-result) or call:  
**119** (England, Wales and Northern Ireland)  
**0300 303 2713** (Scotland)

**The Legal duty to self-isolate & tracing period will be triggered by a positive confirmatory test result**

## Lateral Flow Testing Posters for display

A couple of Posters have been produced re lateral flow testing – Print & predominantly display on office notice Boards

**General Lateral Flow Information Poster**

[NHS Poster for Lateral Flow Testing.pdf](#)

**Basic Introduction to Lateral Flow Testing**

[NHS-An Introduction to Rapid Self-Testing for COVID-19.pdf](#)

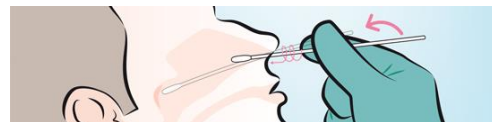
**Extra Information**

**Full Step by Step Guide re Sef Testing**

[Step by Step Guide COVID-19 SelfTest 1.3.1 ENG.pdf](#)

**How to complete a Rapid Test**

[How to Do a Rapid COVID-19 Self-Test.pdf](#)



## Waste Disposal of Completed Tests taken @ Home

A transport sealable waste bag is included for each test kit. Once your test is completed, all used kit contents can be put in the waste bag provided in the test kit with disposal in your household Waste

All items and plastic packaging from the test should go into your bin for disposal. This applies whether the test result is positive or negative.



**None of the plastic items or plastic packaging should be put into the recycling bin.** They are not recyclable in your kerbside recycling bin.

**Self-isolate if you have COVID-19 symptoms or a positive COVID-19 test result**

We must ensure our teams Self-isolate immediately if:

- They develop symptoms of COVID-19 – they should self-isolate at home while they arrange and wait for the results of their test
- They test positive for COVID-19
- They live with someone who has tested positive for COVID-19 or who has symptoms and is waiting for their test result - the isolation period includes the day the first person in your household's symptoms started (or the day their test was taken if they did not have symptoms), and the next 10 full days
- you are a contact of a person who has tested positive for COVID-19 who is not from your household - your isolation period includes the date of your last contact with them and the next 10 full days

**How long do you need to self-isolate for?**

- 🏠 **10 days**  
If you have symptoms or a positive test
- 🏠 **14 days**  
If someone in your household has symptoms
- 🏠 **14 days**  
If you arrive back in the UK from abroad\*  
\*Excluding exempt countries

Book your test now by calling 119 or visit [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)

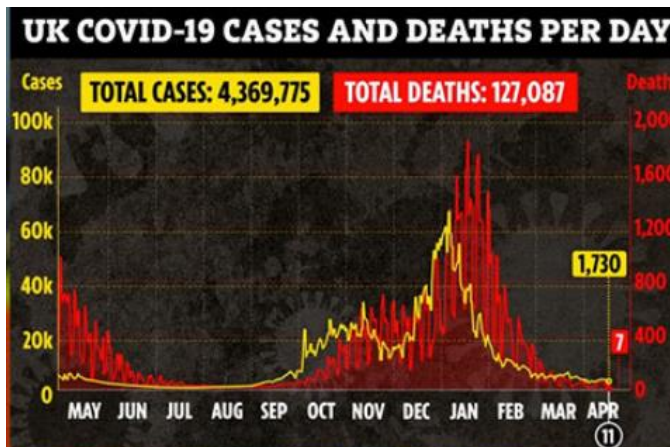
The isolation period includes the day symptoms started (or the day their test was taken if they do not have symptoms), and the next 10 full days.

Self-isolation means you must stay at home at all times and not have contact with other people, except in very limited circumstances, for example to seek medical assistance. You may have to ask others to do your shopping, and you may have to make alternative plans if you are currently supporting a vulnerable person. Do not invite visitors to your home or garden.

**Following a HOME tested Lateral Flow test - All above self-isolation rules MUST be adhered to for the required timespan or unless the PCR confirmation test shows as negative.**

**Coronavirus Update –**

**Covid infection rates continue to FALL.** The latest figures show 1,730 new cases have been registered in the past 24 hours - the lowest daily number of infections since September 2 last year.



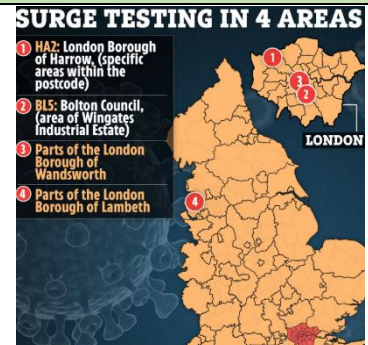
**YOU have all been very good at following the Covid controls introduced by the Nurture Group  
Let's Keep it Up ensuring we do not suffer now**

## Surge Centres – African Variant

SURGE testing is to begin in parts of south London after 44 cases of the South African Covid-19 variant were found.

People living and working in Wandsworth and Lambeth are being urged to get tested after "significant" reports of the mutated virus, in the largest surge testing operation to date.

If any of YOUR teams, Live, or Work in any of these areas encourage them to get a Covid test.



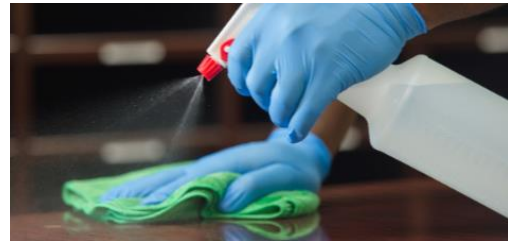
## Now is NOT the time to relax re Office controls - We need to continue to protect all.

One of the most dangerous aspects of this disease is that people without any symptoms can infect many others without realizing it.

## Regular cleaning plays a vital role in limiting the transmission of COVID-19.

As a minimum

- Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.
- All communal office surfaces to have a disinfectant wipe routine at least twice per day to include:
  1. All Door & Cupboard Handles
  2. Photocopier & other office equipment
  3. Toilet & Kitchen facilities & Equipment



Always maintain a safe distance from your colleagues – Take particular care in break down areas e.g. Kitchen areas. Where possible keep external teams out of the office environment

## Temperature Checks

### Know your temperature & **ACT** if you have a drastic increase

Where provided **ENSURE ALL** your teams continue to take their temperatures upon arrival

Note: We are all now becoming familiar with our own regular individual temperatures. Although we set the parameter of 38° C as an excessive temperature & people **MUST** immediately go home – Do be aware that individuals fluctuate from the norm



**ENSURE** where used **ALL OFFICE** have a daily temperature test completed prior to working in the office environment

## Hygiene - Make sure YOU & ALL site visitors use the provided sanitiser when entering offices

An observation has been that people are **NOT** always using hand sanitiser when they enter offices. Please help protect everybody by sanitising correctly & ensuring **YOUR** Teams & Visitors fully follow our hygiene protocol

You **Must** wash hands or use hand sanitiser:

- When entering any office
- When entering communal areas e.g. Kitchens
- After using toilet

Check levels of sanitiser use – If your dispensers are FULL – no one is using them. = Remind your teams

**ENSURE ALL YOUR** teams also have sufficient hand sanitiser in their Vans & Sites



## ENSURE REGULAR CLEANING & DISINFECTING OF OFFICE AREAS CONTINUES

## Lockdown changes from Yesterday in England 12<sup>th</sup> April

### Business and activities

Opening of non-essential retail; personal care premises such as hairdressers and nail salons; and public buildings, including libraries and community centres. Indoor leisure facilities such as gyms have reopened (but only for use by people on their own or in household groups); as have most outdoor attractions and settings including outdoor hospitality venues, zoos, theme parks, and drive-in cinemas.



Self-contained accommodation such as campsites and holiday lets, where indoor facilities are not shared with other households, can also reopen.

Hospitality venues (**PUBS**) are allowed to serve people outdoors and there is no need for customers to order a substantial meal with alcoholic drinks and no curfew, although customers must order, eat and drink while seated ('table service'). Wider social contact rules will apply in all these settings to prevent indoor mixing between different households.

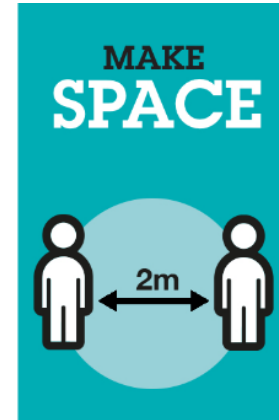
### Events

While funerals can continue with up to 30 mourners, the number of people able to attend weddings, receptions and commemorative events such as wakes will rise to 15.



## Behaviour Coming out of Lockdown

Even as restrictions are lifted, it is essential that everyone carries on with the good habits we have introduced that help reduce transmission:



### Safe Behaviours include:

- Wash Hands frequently, for at least 20 seconds.
- Wear a face covering in enclosed environments.
- Maintain space with anyone outside your household or work bubbles.
- Meet with others outdoors where possible.
- Minimise the number of different people you meet and the duration of meetings, if possible.
- Let fresh air in.
- Download the NHS Test & Trace app.
- Get a test immediately if you have symptoms.
- Self-isolate if you have symptoms, have tested positive, or had contact with someone with COVID-19.

## Nurtures Safe Distancing – Practice Social Distancing wherever possible

To ensure we are doing everything possible to reduce the risk of infection. Measures put in place by Nurture include;

- Maintain operative social distancing at all times, this may involve staggered start and finish times
- where it is not possible to remain 2 metres apart, staff should work side by side, or facing away from each other, rather than face to face if possible
- where face-to-face contact is essential, this should be kept to 15 minutes or less wherever possible
- Dual teams to remain in the same personnel throughout (cohorting)
- Stagger break times to ensure no interaction thus reducing risk.
- Cleaning down of multi-use machinery or vehicles before transferring to another user.
- Sanitising hands at regular intervals along with machinery and vehicles using wipes provided
- Regular washing of hands for at least 20 seconds.
- Using screens or barriers to separate people from each other

If social distancing guidelines cannot be met in full, consider whether that activity needs to continue, and if so, take all mitigating actions to reduce risk.



[Staying alert and safe \(social distancing\) - GOV\\_UK.htm](#)

## Symptoms of Covid 19 Virus

If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result.

The Main symptoms of Coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure 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 (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal



**Note:** We have recently had a couple of cases reported to us from a couple of your colleagues who tested positive for Covid 19 & that initially **didn't have the classic Covid symptoms** and initially didn't realize they had the virus before the classic symptoms developed later

- Sore throat
- Severe Headache
- Fatigue



If any of your team members develop any symptom that could be linked to Coronavirus we need to ensure that self-isolate until tested.

We Need to take ACTION - asap after any symptoms shown - **Better Safe Than Sorry**

Remember around 30% of all people infected show NO symptoms whatsoever - It is important we follow Social Distancing – and fully follow Wash – Face – Space

## Covid 19 – FAQ (Frequently asked Questions) that were asked last week

**One of my team is off with Covid 19. The person he shares the van with (close contact) has tested negative & is finishing his self-isolation period & is returning to work**

**NO**

This person must continue to self-isolate even if your result is negative. This is because even if you don't have symptoms, you could still pass the infection on to others.

Your team member must complete the full self-isolation period.

## Risk Assessments

Ensure that YOU only display the latest versions - Check your notice boards & update local risk assessments where necessary

## Updated Nurture Covid 19 – Risk Assessment

Covid Risk Assessment - Reviewed 29<sup>th</sup> March 2021 – (no changes)  
[RA-C25R Dangers of catching Coronavirus \(Covid 19\) UPDATED 23rd March 2021.pdf](#)

Remember that the above Risk Assessment is available to all via the work mobile library.

## Main Office Assessment

[Office risk assessment reviewed 23rd March 2021.docx](#)

See your regional folder for each regional office assessments: [K:\Office RA](#)

**NEXT Reviews will take place before 12<sup>th</sup> May prior to relaxation of measures in England release plan**

## Mental Health

### ITS Good to Talk

Ensure you make time for all your teams - Some of which you may not see very often.



### Make that Call & communicate often with all your teams

#### Mental health during the Coronavirus outbreak

Don't be afraid to ask for help and advice during these difficult times

Remind your team that we operate an Employee Assistance Programme called 'LifeWorks'.

#### Mental Welfare Support From Lifeworks app

The APP has lots of useful information about self-care, mental health and well-being and has Covid-19 toolkit for individuals too. If employees haven't yet registered, Busy Bees that operate the platform, are re-issuing the invitation to the app, so please encourage staff to download it on their phones, its free and could be helpful to many.



Helping people in horticulture  
**Perennial**

**Perennial's helpline is operating as usual on 0800 093 8543 or visit [Perennial.org.uk](http://Perennial.org.uk) to fill out the [contact form](#). The confidential helpline is currently open Monday and Wednesday, 9.30am – 5pm and Tuesday, Thursday and Friday, 9am – 5pm**

