

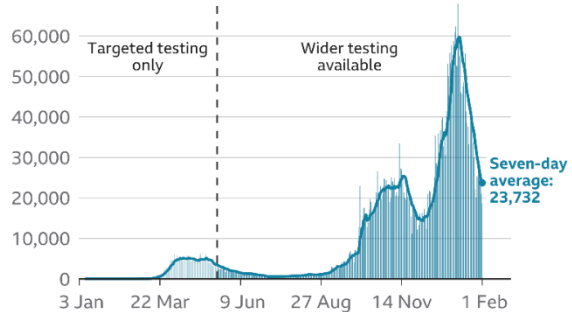
Coronavirus Update

New Daily Cases continue to fall – but we are a LONG way from the end of this

Ensure YOU & YOUR teams continue to follow the Nurture procedures in reducing infection rates

Daily cases continue to fall

Daily confirmed coronavirus cases by date reported



Source: Gov.uk dashboard, updated to 1 Feb 09:00 GMT

BBC

Hospitals remain under pressure – Ensure teams take care

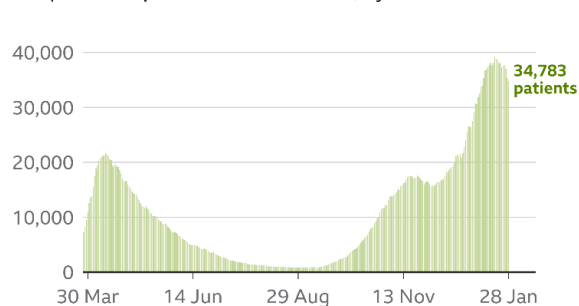
There are now just under 35,000 people with coronavirus in hospital in the UK. Numbers in January had reached almost double the highest point of the spring peak, but numbers now appear to be falling.

The last place we want to be visiting is a hospital as a potential patient.

In these hard operational times please ensure your teams follow all company H&S procedures to help reduce any requirement of need to visit A&E.

Number of patients in hospital still high

People in hospital with coronavirus, by date



Most recent data for all nations is for 28 Jan. Welsh figures include suspected cases

Source: Gov.uk dashboard

BBC

Controls include:

- Ensure All wear correct PPE @ all times
- Ensure all machines and equipment is fully guarded
- Contact your teams on a regular basis ensuring all is well
- Ensure Lone Workers do not complete any un necessary High Risk Tasks

High Risk Tasks

This is not the time that your teams want to be injured and have to go to an A&E hospital.

POKES in the Eyes are a common industry incident – Check your people are wearing their safety glasses when pruning / working in shrubberies etc.



Surge Testing for South African Variant

Last night the government announced that they were targeting areas where non travel related positive cases of the South African variant was found.

In total, Public Health England has identified 105 cases of the COVID-19 variant first identified in South Africa since 22 December. All cases and their contacts have been contacted and told to self-isolate. There is currently no evidence to suggest this variant is more serious than others, or that the regulated vaccine would not protect against it.

If any of your teams live in any of the affected areas please ensure that they organise a covid test asap (even if they have no visible signs of covid)

Working in partnership with local authorities, enhanced testing and sequencing will be targeted within specific postcode areas. These postcodes are:

- East of England (EN10)
- London (W7, N17, CR4)
- North West (PR9)
- South East (ME15, GU21)
- West Midlands (WS2)

Every person over 16 living in these locations is strongly encouraged to take a COVID test this week, whether they are showing symptoms or not. **Mobile testing units (MTUs) will be deployed offering PCR testing to people without symptoms who have to leave their home for work** or essential reasons, with local authorities encouraging people to get tested in the area by providing additional home test kits.

People without symptoms should [visit their local authority website](#) for more information

'Surge testing' postcode roll out

These are the postcodes that will be given additional testing:

- W7 - Greenford, Brentford, Ealing, London
- N17 - Tottenham
- CR4 - Mitcham
- WS2 - Walsall, Willenhall in West Mids
- EN10 - Broxbourne, Cheshunt, Hoddesdon, Nazeing, Wormley West End
- ME15 - Maidstone, Bearsted, Coxheath, East Farleigh, Otham, West Farleigh, Downswood, Hunton, Loose, Leeds in Kent
- GU21 - Woking, Knaphill, Ottershaw, Sheerwater in Surrey
- PR9 - Southport, Lancashire, Burscough, Scarisbrick, Banks in Lancashire/ Merseyside

Social Distancing – Act Like you have got it

When around other people, stay 2 metres apart from anyone not in your household - meaning the people you live with - or your support bubble. Where this is not possible, stay 1 metre apart with extra precautions (e.g. wearing a face covering).

It is paramount to controlling the virus for us to maintain our hygiene & social distancing procedures

Nurture Social 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](#)



HM Government

NHS

Act like you've got it.
Don't accidentally spread coronavirus.

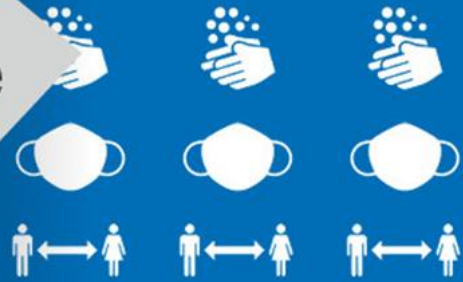
Around 1 in 3 people with COVID-19 don't have any symptoms, but can still pass it on. And now there is a new strain of the virus which spreads even faster.

HANDS FACE SPACE

REMEMBER Hands – Face – Space

Hands, Face, Space in your workplace

Everything you need to combat the virus, stay safe, protect your teams, customers & business.



- **Hands** – wash your hands regularly and for at least 20 seconds
- **Face** – wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet
- **Space** – stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings)

We MUST ensure that we are following all Nurture Group Control Measures to help keep everyone as safe as possible



Ventilation

Why ventilation is important

Good ventilation reduces the concentration of the virus in the air and therefore reduces the risks from airborne transmission. This happens when people breathe in small particles (aerosols) in the air after someone with the virus has occupied an enclosed area.

However, ventilation will have little or no impact on droplet or contact transmission routes.

Balancing ventilation with keeping people warm

Providing adequate ventilation does not mean that workplaces have to be cold. Good ventilation is a balance between making sure workplaces are warm but keeping a flow of air going through an area.

Simple steps like short periods of partially opening windows, can be taken to ensure ventilation is maintained. People opening doors & entering areas also provides office ventilation. Natural ventilation can be used with heating systems to maintain a reasonable temperature in the workplace.



Ventilation in Vehicles

Switch ventilation systems on while people are in the vehicle and set to drawing fresh air in, and not recirculating air.

To improve ventilation, windows can also be opened (partially if it's cold). Heating should also be left on to keep the vehicle warm.

Opening doors where it is safe to do so will help to change air quickly. Opening windows fully for a few minutes can also help to clear the air in the vehicle.



Avoid physical contact and have good ventilation (keep the car windows open).

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 has increased Home Working A few Safety tips on Laptop Ergonomics

A few basic tips on using your laptop @ home

Ensure – You have a good posture at all times

Clip below highlights some basic issues & has some simple controls to aid you

[https://www.youtube.com/watch?Laptop Ergonomics](https://www.youtube.com/watch?Laptop+Ergonomics)

Laptop Ergonomics - Basic Tips - Adult or Child Laptop Use at Home, Work ...



Good Practice Observed @ Richmond Park

At Richmond Park we have a busy team of 30 people.

They have introduced a process to help reduce any cross contamination by removing all communal kitchen cutlery & crockery

Each has their own Plate, Cup & Cutlery which after each use they clean & store in their own designated lockers.

REDUCE any chance of Cross contamination by ensuring ALL clean their OWN kitchen equipment at all times



Risk Assessments

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

Latest Nurture Covid 19 – Risk Assessment

Covid Risk Assessment - Reviewed 1st February 2021 – (no changes)

[RA-C25Q Dangers of catching Coronavirus \(Covid 19\) UPDATED 1st February 2021.pdf](#)

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

Main Office Assessment

- Office risk assessment reviewed 1st February 2021.docx – No changes to Jan issue
[Office risk assessment reviewed 1st February 2021.docx](#)

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

Mental Health

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 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

