



IPC Matters

Infection Prevention and Control

Staying Vigilant

You will have noticed this week that there has been a change in the number of people coming back to work and it seems that even the roads are much busier.

It is important as things begin to feel more 'normal' that we do not forget the really important messages of Early Identification and Testing, Social Distancing, Hand Hygiene and Environmental Cleanliness.

Early Identification and Testing

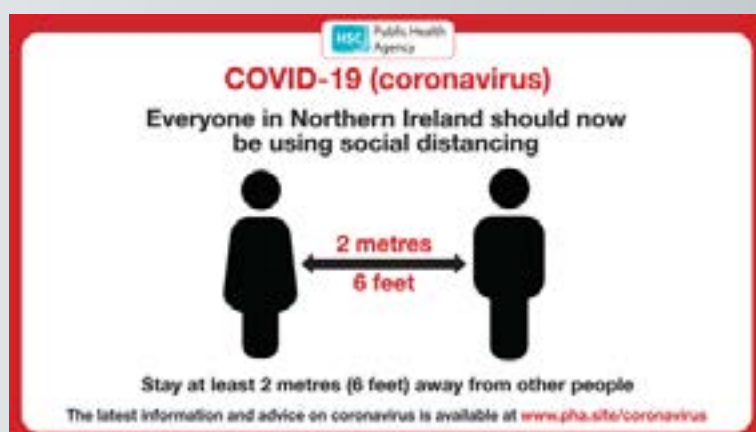
SARS-CoV-2 remains a very present threat and it is important to be really familiar with the signs and symptoms of the virus. Early identification and testing will help us to act quickly and to prevent spread. The symptoms of infection with SARS-CoV-2 are very varied and include temperature (37.8 +); cough; sore throat; nasal discharge or congestion; shortness of breath; aches and pains; fatigue; wheezing; sneezing; loss of taste or smell.

You should not come into work if you develop any of these symptoms. If you develop symptoms at work, you should inform your manager and leave work

immediately. Your manager will be able to advise you about how to be tested for SARS-CoV-2 within NIAS. You will need to self-isolate until the result of your test is known, once the test result is known you will be advised on next steps.

If a member of your household becomes symptomatic, they, you and your household must self-isolate. Please contact your manager to discuss how to organise for this person(s) to be tested. Once the test result is known you will be advised on next steps.

Social Distancing



Remembering to Social Distance can be very hard, particularly when we are seeing people that we may not have seen for a while - but we can help each other! At this time it is important that we are both receptive to respectful challenge around Social

Distancing and that we are prepared to respectfully challenge others in relation to it. It is for the most part a slip in concentration when people forget to Socially Distance and most people respond positively to a gentle reminder. Think about your own response if you are respectfully challenged, try to remember that the motivation of the challenger will be based on their desire to ensure safety, we can never know all the circumstances of others and their challenge may be as a result of genuine fear.

Hand Hygiene

Please continue to decontaminate your hands frequently throughout the day. For clinical staff the 5 Moments for Hand Hygiene will help you in your day to work in relation to frequency of Hand Hygiene. When working in non-patient environments such as stations and offices it is critical to also decontaminate your hands frequently. There are no hard and fast rules around this but there are some times that would be key, they are:

- When touching items that are frequently touched by others, for example photocopiers and kettles
- When coming in and out of doors that require you to touch them
- Usual times such as before eating and after using the toilet
- If you were to cough or sneeze into your hands

there may be many more examples that you can think of yourself

Environmental Cleanliness

Ensuring that the environment that you are working

is being cleaned to a very high standard is really important. You will have noticed that the level of cleaning throughout all of our facilities and vehicles in NIAS has been increased. Hopefully the 'swimming baths' odour of Chlorine is give you some assurance around how seriously we as an Organisation take the issue of Environmental cleanliness! We are very thankful for all of the hard work that our Cleaning teams and personnel have been doing to keep us safe.

You can help with this too by:

- Ensuring that your desk is as clear as possible to facilitate effective cleaning
- Ensuring that you leave all places that you are working as tidy as possible
- Wiping down your own surfaces and equipment at intervals throughout the day, Clinell Disinfectant wipes are ideal for this
- Not using the desks/equipment of others in their absence, if this is unavoidable remember to decontaminate them after you have used them
- If you identify any issues in relation to environmental cleanliness please be sure to escalate your concerns via your line manager, cleaning teams or through Incident Reporting via Datix where required

If you have any questions about this information please contact the Infection Prevention and Control Team on 07717 781954.