



## WHITE LODGE ADULTS COVID- 19 POLICY

This policy outlines practical measures to reduce the risk of Covid-19 spreading at White Lodge. It details the steps we are taking to protect our adult members and staff, whilst enabling us to provide essential care / support to our vulnerable client group.

We are all required to be mindful that our procedures are well thought out and balanced to ensure that we do not significantly increase people's anxieties, which will inevitably have a detrimental effect on their mental health and well-being.

### **Background**

- The most common symptoms of coronavirus (COVID-19) are a new, continuous cough, a high temperature (over 37.8 degrees) and a loss or change to your sense of smell or taste.
- For the vast majority of all people, coronavirus (COVID-19) will not cause serious illness. *(Coronavirus (COVID-19): implementing social distancing in education and childcare settings, 24.3.2020)*
- Coronavirus (COVID-19) can cause mild symptoms. But for older people and those with an underlying health condition, it can be more serious.
- People considered to be vulnerable - People over the age of 70 are considered vulnerable, even if they do not have an underlying health condition. This also applies to those who are pregnant.

Others considered vulnerable include people who have:

- chronic (long-term) respiratory diseases, such as [asthma](#), [chronic obstructive pulmonary disease \(COPD\)](#), emphysema or [bronchitis](#)
- chronic heart disease, such as [heart failure](#)
- [chronic kidney disease](#)
- chronic liver disease, such as [hepatitis](#)
- chronic neurological conditions, such as [Parkinson's disease](#), [motor neurone disease](#), [multiple sclerosis \(MS\)](#), a learning disability or [cerebral palsy](#)
- problems with your spleen – for example, [sickle cell disease](#) or if you have had your spleen removed
- a weakened immune system as the result of conditions such as [HIV and AIDS](#), or medicines such as [steroid tablets](#) or [chemotherapy](#)
- being seriously overweight (a body mass index (BMI) of 40 or above)

Those with underlying health conditions which put them at higher risk of severe illness if they contract coronavirus must stay at home to protect themselves.

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-advice-vulnerable-people>

## **Keeping up to date with government guidance**

- The Senior Staff of White Lodge will review government guidance regularly
- The senior staff will update this policy when new guidance is released and distribute to all staff on site in a timely manner.
- Senior Staff will ensure they review the latest guidance, staffing levels, supplies and risk.

## **How we can minimise the risks of transmission**

- Review our visitor's policy
  - Visitor access will be risk assessed on an as needs basis with priority restricted to service needs during times when the buildings have a high level of use
  - Carers / Drivers to be advised that they should wait in their cars or at a distance of 2 metres away from each other when dropping off / picking up.
- Regular hygiene
  - Staff will encourage adults to wash their hands on entering and exiting the building and in particular before meals, and before and after any personal care needs with soap and water or hand sanitiser and catch coughs and sneezes in tissues.
  - Posters will be displayed around White Lodge of where toilet facilities are. The facilities will have signage showing correct handwashing techniques.
- Social distancing
  - We will reduce the number of people at White Lodge so that appropriate measures can take place on social distancing
  - Where reasonably practical, staff should keep a 2-metre distance, however this cannot be of the detriment to the care / support of the people attending.
  - For Adult Therapy, treatment will be carried out in individual treatment space.
- Increased cleaning activity
  - Cleaning will follow every activity ensuring all hard surfaces, door handles, toilets, key pads and bathing facilities will be cleaned.
  - Workstations, offices will be cleaned down by staff after use.
- Testing
  - All staff to be tested on a regular basis (and as a minimum either weekly or if longer than this before they are next due to be at work)
  - All staff have been offered the vaccination

## **Wearing personal protective equipment**

All staff to wear face coverings at all times. When carrying out personal hygiene and feeding all staff will need to wear gloves, apron and mask. For therapy, staff need to wear gloves, apron and masks for all face to face contacts. Clients (where possible) will be asked to wear a mask during their appointment.

New PPE must be used for each episode of care. It is essential that used PPE is stored securely within disposable yellow rubbish bags. These bags should be placed into another bag, tied securely and placed outside in the clinical waste bin.

### **If a person has symptoms of COVID-19 whilst at White Lodge**

If a person is showing signs of having COVID-19 staff will support them to make arrangements to return home.

We are not expected to have dedicated isolation facilities at White Lodge, but should implement isolation precautions when someone at White Lodge displays symptoms of COVID-19 in the same way that they would operate if an individual had influenza.

Whilst waiting for appropriate transport to take the person home the person should be isolated in a separate room.

### **Laundry**

Do not shake dirty laundry before washing. This minimises the possibility of dispersing virus through the air. Wash items as appropriate in accordance with the manufacturer's instructions.

### **If a member of staff is concerned they have COVID-19**

If a member of staff is concerned they have COVID-19 please inform a senior member of staff and follow the latest government guidelines.