**St Patrick’s Covid-19 Policy and arrangements – September 2020**

All staff have completed the Virtual College Covid-19 training and the Introduction to infection prevention and control training and the Level 2 Food Hygiene for Catering.

Distancing measures have been put in place for the students i.e. each student will be allocated a study space. Each study work station will have a hand sanitiser point. Equipment has been assigned to each student. Any communal equipment will be sanitised after each use. Work stations will be cleaned and disinfected at the end of each day.

All staff must declare that they are fit to work and not suffering from the following symptoms as outlined on the government website: Fever or chills. High temperature. Cough. Shortness of breath or difficulty breathing. Fatigue. Muscle or body aches. Headache. New loss of taste or smell. Sore throat. If staff arrive / contact the centre with these symptoms they should isolate at home and medical attention sought – updating the centre with immediate effect.

All staff have been issued with their own personalised hand sanitiser, work station, equipment, hand sanitiser for their work station and cleaning materials. Staff are responsible for cleaning down their own workstations each day.

Students, Parents and Carers must declare that they are / the child is fit to attend and not suffering from the following symptoms as outlined on the government website: Fever or chills. High temperature. Cough. Shortness of breath or difficulty breathing. Fatigue. Muscle or body aches. Headache. New loss of taste or smell. Sore throat. If students arrive with these symptoms they should be collected immediately by a responsible adult and medical attention sought and update the centre with immediate effect.

Students will not be permitted to use the kitchen area until further notice.

**Visitors to St Patrick’s**

Anyone intending to visit St Patrick’s must agree this with the Head of Centre and have an appointment recorded in the diary. Without an appointment you will not be allowed into the study area.

Visitors will be signed in and provide contact details for track and trace purposes. Visitors must hand sanitise before entry into the study room, wear a mask / face covering and will be guided to a seated area. Visitors will be given a maximum 10 minutes inside the study area.

Students break times: students will be allowed 2 x 10 minute breaks and 1 x 20-minute break. During these times they will go outside, they will be supervised to the boundary perimeter.

Sports activities: where we can we will provide sporting activities such as physical fitness training, football, boxing and strength and conditioning. These will depend upon use of local facilities and the students following social distancing guidelines.

These points will be reviewed as an on going situation and will be updated with prescribed changes and changes to suit St Patrick’s as a centre.

The following information has been extracted from the Government website providing more in-depth detail about Covid-19 and what to do if you find you have symptoms or have been in close contact with someone that does or has been diagnosed with Covid-19.

**What do we mean by a ‘contact’?**

A ‘contact’ is a person who has been close to someone who has tested positive for COVID-19 anytime from 2 days before the person was symptomatic up to 10 days from onset of symptoms (this is when they are infectious to others). For example, a contact can be:

* people who spend significant time in the same household as a person who has tested positive for COVID-19
* sexual partners
* a person who has had face-to-face contact (within one metre), with someone who has tested positive for COVID-19, including:
  + being coughed on
  + having a face-to-face conversation within one metre
  + having skin-to-skin physical contact, or
  + contact within one metre for one minute or longer without face-to-face contact
* a person who has been within 2 metres of someone who has tested positive for COVID-19 for more than 15 minutes
* a person who has travelled in a small vehicle with someone who has tested positive for COVID-19 or in a large vehicle or plane near someone who has tested positive for COVID-19

Where an interaction between 2 people has taken place through a Perspex (or equivalent) screen, this would not be considered sufficient contact, provided that there has been no other contact such as any of those indicated above.

Medical advice is clear: contacts of a person who has tested positive for COVID-19 must self-isolate at home because they are at risk of developing symptoms themselves in the next 14 days and could spread the virus to others before the symptoms begin.

If you are a contact of someone who has tested positive for COVID-19, then you will be notified by the NHS Test and Trace service via text message, email or phone. If you are notified, please follow the guidance in this document closely.

If you have not been notified that you are a contact, this means you do not need to self-isolate and should follow the general guidance, for example, social distancing, hand-washing, and covering coughs and sneezes.

This guidance does not include health care workers and others working in health and social care settings, who should follow [separate guidance](https://www.gov.uk/government/publications/covid-19-management-of-exposed-healthcare-workers-and-patients-in-hospital-settings).

**What is a ‘support bubble’?**

Adults who live alone or with dependent children only can, if they wish, now form a support bubble with one other household. All those in a support bubble will be able to spend time together inside each other’s homes, including overnight, without needing to stay 2 metres apart. Further information about support bubbles can be found in the [meeting people from outside your household guidance](https://www.gov.uk/guidance/meeting-people-from-outside-your-household). If you are in a support bubble and have had recent close contact with a person who has tested positive for COVID-19, you may be contacted by the NHS Test and Trace service and asked to follow this guidance.

**Main messages**

* If you have been informed that you are a contact of a person who has had a positive test result for COVID-19, medical advice is clear: you must immediately self-isolate at home for 14 days from the date of your last contact with them.
* Stay at home for 14 days and follow the self-isolation guidance below. Do not go to work, school, or public areas, and do not use public transport or taxis.
* You are at risk of developing COVID-19 for the next 14 days. Since we now know that people can become infectious up to 2 days before symptoms begin, you could spread the disease to others if you do not go into self-isolation.
* Even if you never develop symptoms, you can still be infected and pass the virus on without knowing it.
* You should not arrange for testing unless you develop symptoms of COVID-19. The most important symptoms are: a new continuous cough, a high temperature, a loss of, or change in, your normal sense of taste or smell (anosmia).
* If you do not have symptoms of COVID-19, other people in your household do not need to self-isolate at home with you.
* Take steps to reduce the possible spread of infection in your home: for example, wash your hands often for at least 20 seconds, using soap and water, or use hand sanitiser.
* If anyone you live with is clinically vulnerable or clinically extremely vulnerable stay away from them as much as possible, following the guidance here. For the clinically extremely vulnerable, follow the [shielding guidance](https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19).

**How will I be told I am a contact?**

The NHS Test and Trace service will get in touch with anyone who is a contact of someone who has tested positive for COVID-19 by text message, email or phone.

**What should I do if I am a contact of someone who has tested positive for COVID-19?**

If you have been informed that you are a contact, the medical advice is clear: you must immediately self-isolate at home for 14 days from the date of your last contact with the person who has tested positive for COVID-19.

Self-isolation means you must stay at home and not leave the house for 14 days.

It is very important that you follow this advice even if you feel well, as symptoms can take up to 14 days to appear from your last contact with the person who has tested positive for COVID-19.

Self-isolating in this way will help protect your family, friends, the wider community and the NHS.

**I think I have had contact with someone who has tested positive for COVID-19, but I have not been notified and advised to self-isolate. What should I do?**

Contacts who need to self-isolate will be notified and advised accordingly by the NHS Test and Trace service. If you have not been notified, this means you do not need to self-isolate.

If you are concerned that you may have symptoms of coronavirus, or you live with someone who has symptoms of coronavirus, you must follow the [Stay at Home: guidance for households with possible or confirmed COVID-19](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance).

**Self-isolation guidance**

Stay at home for 14 days after your last contact with the person who has tested positive for COVID-19.

Do not go to work, school, or public areas, and do not use public transport or taxis.

You must not go outside even to buy food or other essentials, and any exercise must be taken within your home.

Self-isolating at home for the 14-day period will help protect your family, friends and the NHS. Self-isolating at home in this way can also protect the most vulnerable in society, by reducing the chance of a second wave of COVID-19 in the wider community.

If you are living with children, keep following this guidance to the best of your ability, however, we are aware that not all these measures will be possible.

We are also aware that not all these measures will be possible if you, or those you are living with, have significant conditions such as learning disabilities, autism or serious mental illness. Please keep following this guidance to the best of your ability, while keeping yourself and those close to you safe and well, ideally in line with any existing care plans.

If you live with clinically vulnerable people or clinically extremely vulnerable people, stay away from them as much as possible, following [this guidance](https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19). For the clinically extremely vulnerable please follow the [shielding guidance](https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19).

**If you do not develop symptoms of COVID-19 while self-isolating at home**

You must self-isolate at home for 14 days from the date of your last contact with a person who has tested positive for COVID-19, even if you do not have any symptoms.

If you do not develop symptoms of COVID-19, you should not arrange for testing.

Your household does not need to self-isolate with you if you do not have symptoms of COVID-19, but they should take extra care to follow the guidance on social distancing, handwashing and respiratory hygiene. If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or relatives.

Alternatively, you can order your shopping online and medication by phone or online. Delivery drivers should not come into your home, so make sure you ask them to leave items outside for collection.

Further guidance on [accessing food and essential supplies](https://www.gov.uk/guidance/coronavirus-covid-19-accessing-food-and-essential-supplies) is available.

If you are an employee and unable to work from home, please refer to this [guidance](https://www.gov.uk/guidance/guidance-and-support-for-employees-during-coronavirus-covid-19) from the Department for Work and Pensions to find out about the support that is available to you to help you to self-isolate.

We know that staying at home for a prolonged period can be difficult, frustrating and lonely for some, but you can do things to [help make it easier](https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing) or access the [Every Mind Matters](https://www.nhs.uk/oneyou/every-mind-matters/) website.

**What to do if you develop symptoms of COVID-19 during your 14 days of self-isolation at home**

For most people, COVID-19 will be a mild illness. However, if you develop symptoms you must stay isolating at home and arrange to have a test to see if you have COVID-19 – visit [NHS.UK](https://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/) to arrange or contact NHS 119 via telephone if you do not have internet access.

As soon as you start having symptoms, you and anyone in your household must follow the [Stay at Home: Guidance for households with possible or confirmed COVID-19](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance).

If your test is negative, then you must still complete the full 14 days of self-isolation, as you could still develop COVID-19. You should continue to follow the advice provided in this guidance.

**Do the people I live with also need to self-isolate at home with me for 14 days?**

If you are a contact of a person who has tested positive for COVID-19, but you do not have symptoms, other people living with you do not need to self-isolate and should follow the general guidance.

If you do develop symptoms of COVID-19, you should arrange to have a test to see if you have COVID-19 – visit [NHS.UK](https://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/) to arrange or contact NHS 119 via telephone if you do not have internet access. If you live with other people, they must begin self-isolation at home while you wait for your test result. You must follow [Stay at Home: Guidance for households with possible or confirmed COVID-19](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance).

Self-isolating at home for the 14-day period will help protect your family, friends and the NHS. Self-isolating at home in this way can also protect the most vulnerable in society, by reducing the chance of a second wave of COVID-19 in the wider community.

**What should I do if I live with someone who develops COVID-19 symptoms?**

If someone you live with develops symptoms, then the clear medical advice is that they must self-isolate at home along with all the other people who live with them; this will include you.

They will need to arrange to have a test to see if they have COVID-19 – visit [NHS.UK](https://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/) to arrange or contact NHS 119 via telephone if you do not have internet access.

They and the people who live with them must all follow [Stay at Home: Guidance for households with possible or confirmed COVID-19](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance).