# Professional Learning: COVID-19 Guidance Including Infection Prevention and Control
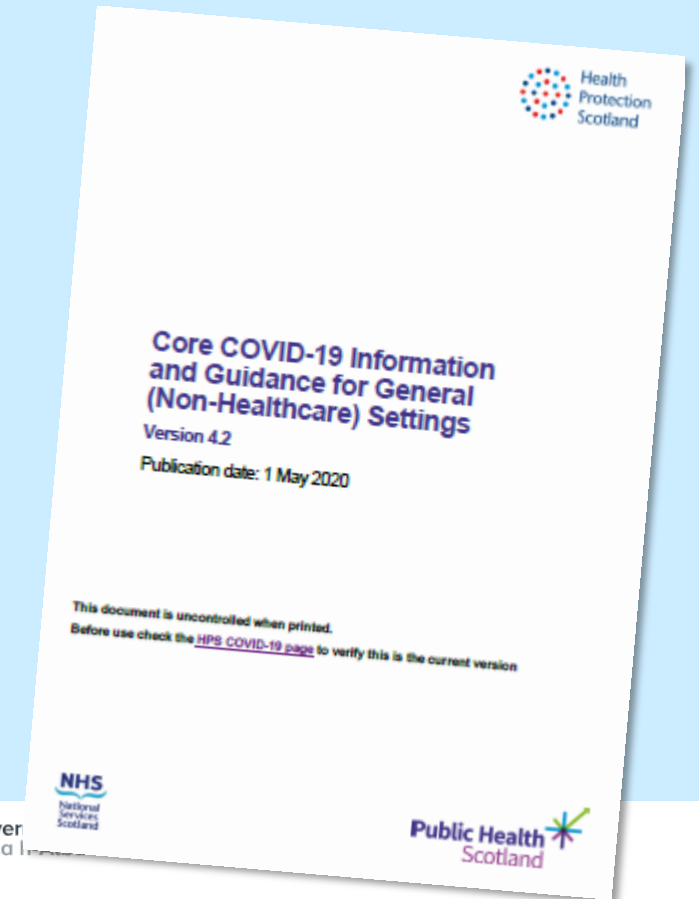
*Based on Health Protection Scotland:  COVID-19 Guidance for Non-Healthcare Settings (publication date 1st May 2020) and Scottish Government COVID-19 Advice and Guidance*

# Aims:

This purpose of this presentation is to share guidance provided by **Health Protection Scotland** and **Scottish Government** in relation to COVID-19.

It covers:

- what COVID-19 is and how it is spread
- general advice on how to minimise the spread of all respiratory infections including COVID-19
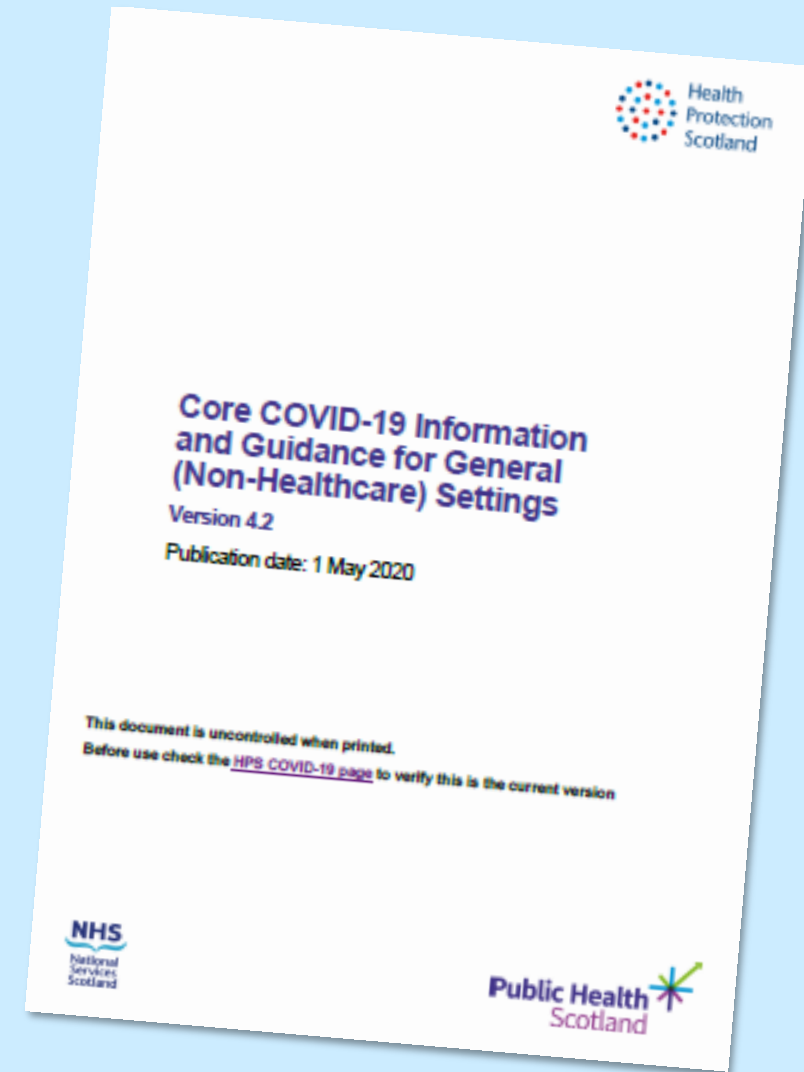- advice which is specific to educational settings.



Health Protection Scotland

Core COVID-19 Information and Guidance for General (Non-Healthcare) Settings
Version 4.2
Publication date: 1 May 2020

This document is uncontrolled when printed.
Before use check the HPS COVID-19 page to verify this is the current version

NHS National Services Scotland

Public Health Scotland

Scottish Gover...
Riaghaltas na I...
gov.scot

About    Topics    News    Publications    Consultations    Blogs

Home › Publications ›

PUBLICATION - ADVICE AND GUIDANCE

Coronavirus (COVID-19): social distancing in education and childcare settings

# Overview of National Measures

**Key measures implemented nationally to minimise the spread of COVID-19:**

1. Physical (social) distancing and stay at home guidance.

2. Shielding of very high risk individuals.

3. Stay at home guidance for people who have symptoms, and their household members (household isolation).

4. Infection prevention and control (hygiene measures) and PPE.



Core COVID-19 Information and Guidance for General (Non-Healthcare) Settings
Version 4.2
Publication date: 1 May 2020

This document is uncontrolled when printed.
Before use check the HPS COVID-19 page to verify this is the current version

# What is coronavirus (COVID-19)?

- COVID-19 is the name given to the disease caused by a new strain of coronavirus which was first identified in Wuhan City, China in December 2019.

- COVID-19 was declared a pandemic by the World Health Organisation on 12 March 2020.

We now have spread of COVID-19 within communities across Scotland. This means that everyone in the community should take extra precautions to ensure they practice good hand hygiene, physical (social) distancing, and follow "stay at home" advice. Further information on these precautions can be found on **NHS Inform**.

# How is COVID-19 spread?

COVID-19 is spread through respiratory droplets produced when an infected person coughs or sneezes.

There are **two** routes by which COVID-19 can be spread:

- **Directly:** from close contact with an infected person (within 2 metres) where respiratory secretions can **enter the eyes, mouth, nose or airways**. This risk increases the longer someone has close contact with an infected person who has symptoms.

- **Indirectly:** by touching a surface, object or the hand of an infected person that has been contaminated with respiratory secretions **and then touching own mouth, nose or eyes**.
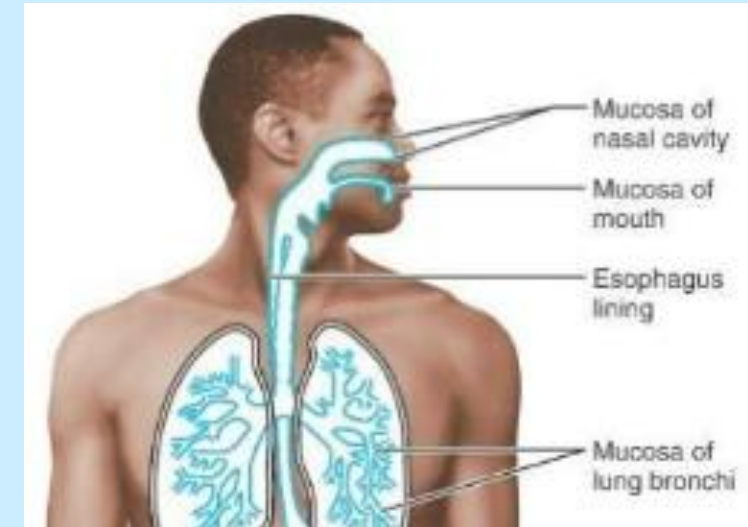


*COVID-19 can enter the eyes, mouth or nose. Therefore, handwashing and not touching your face with unwashed hands is essential.*

# How long can the virus survive on environmental surfaces?

- Under most circumstances, the amount of infectious virus on any contaminated surfaces is likely to have decreased significantly by 72 hours.

- We know that similar viruses are transferred to and by people's hands.

Therefore, **frequent hand hygiene** and **regular decontamination** of frequently touched environmental and equipment surfaces will help to reduce the risk of infection transmission.

# What are the typical signs and symptoms of COVID-19?

Common symptoms include:

- new continuous cough **and / or**
- high temperature

These symptoms can range from a mild-to-moderate illness to severe acute respiratory infection. For most people the symptoms of COVID-19 will be mild. COVID-19 is more likely to cause severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease.



**For more information, please visit the NHS Inform website.**

# What should I do if I have symptoms?

- Anyone developing symptoms consistent with COVID-19 (new continuous cough or a high temperature), however mild, should stay at home for 7 days from the onset of symptoms as per existing advice.

- People who are unwell and worried about COVID-19 should consult NHS inform and phone NHS 24 (call 111) as the first point of contact, not their GP.

- Phone NHS 24 (111) if your symptoms:

  are severe or you have shortness of breath.

  worsen during home isolation.

  have not improved after 7 days.

- Information on COVID-19, including "stay at home" advice for people who are self-isolating and their households, can be found on the **NHS Inform** website.

# What should individuals do to prevent spread of COVID-19?

The following measures are recommended to help reduce the spread of COVID-19 and to protect people at increased risk of severe illness:

**Individuals should:**

- Follow the physical (social) distancing and stay at home advice.

- Follow the shielding advice if this applies to them.

- Follow the guidance for households with possible COVID-19 (stay at home) advice if they or a household member has symptoms of COVID-19.

- Follow hygiene advice such as handwashing.

# Good hygiene practices for everyone to help prevent spread

- **Wash hands frequently** with soap and water for 20 seconds.
- Use alcohol based hand rub where available if no access to soap and water.
- **Avoid touching eyes, nose and mouth with unwashed hands**.
- Avoid direct contact with people that have a respiratory illness wherever possible.
- Avoid using personal items (e.g. mobile phone) of people that have a respiratory illness wherever possible.
- **Cover the nose and mouth with a disposable tissue when sneezing, coughing, wiping and blowing the nose**. Dispose of all used tissues promptly into a waste bin. If you don't have any tissues available, cough and sneeze into the crook of the elbow. **Wash or use alcohol based hand rub to clean hands at the first opportunity**.

# NHS Handwashing Video Clip



https://www.youtube.com/watch?v=4ij1I0OB2hk

# Education Specific Measures*: Handwashing

- Handwashing should be encouraged before and after any activity, such as meal times, break times and sporting activities.

- Ensure all staff and children wash their hands with soap and water for 20 seconds frequently.

- If children or young people have trouble washing their hands properly, ensure help is available.

- Supervise younger children or those with additional needs if there is any doubt that they are able to do this.

- Ensure adequate and appropriate facilities are available, e.g. that children can reach hand soap etc.

- Encourage children not to touch their face, use a tissue or elbow to cough or sneeze, and use bins for tissue waste.

- Where handwashing facilities are not immediately accessible then consider provision of alcohol based hand rub, e.g. at entry points to the school.

*Schools and educational settings are currently closed – these measures therefore apply to Childcare Hubs

# Measures for Staff Working in South Ayrshire Childcare Hubs:  Hygiene

- Staff must ensure that long hair is tied up.

- It is recommended that all jewellery is removed (rings and bracelets have potential to 'trap' the virus and prevent you from washing it away when you clean your hands).

- It is recommended that you change out of your work clothing and shower when you return home.

- Government guidelines must be adopted with respect to sneezes, coughs and runny noses. Coughs can be directed into the crook of the elbow.

**Do:**

- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze

- put used tissues in the bin straight away and wash your hands afterwards

**Catch it, Bin it, Kill it**

# Educational Settings - Specific Measures*: Physical (social) distancing

## Scottish Government Coronavirus (COVID-19): Social Distancing in Education and Childcare Settings

https://www.gov.scot/publications/coronavirus-covid-19-social-distancing-in-education-and-childcare-settings/pages/social-distancing/

- Ensure staff to child ratios are tailored to the requirements due to social distancing (i.e. fewer children in a room)

- Discourage parents and carers from gathering outside the setting

- Discourage unnecessary entry of parents and others to the setting

- Consider how you structure your learning/childcare:
  - Individual working
  - Group work using technology
  - Alternative approaches that allow for social distancing (for example during games and activities)

*Schools and educational settings are currently closed – these measures therefore apply to Childcare Hubs

# Educational Settings - Specific Measures*: Physical (social) distancing

*Scottish Government Coronavirus (COVID-19): Social Distancing in Education and Childcare Settings*

https://www.gov.scot/publications/coronavirus-covid-19-social-distancing-in-education-and-childcare-settings/pages/social-distancing/

Consider the content of your teaching and support:
- Tailor key messages and information to the children in your care
- Careful and considered communication about risks and behaviours
- Hygiene
- Personal resilience
- Mental health
- Staying healthy
- Staying fit

# Educational Settings - Specific Measures*: Physical (social) distancing

*Scottish Government Coronavirus (COVID-19): Social Distancing in Education and Childcare Settings*

*https://www.gov.scot/publications/coronavirus-covid-19-social-distancing-in-education-and-childcare-settings/pages/social-distancing/*

**What staff can encourage parents to do:**

- Inform parents and communities about the measures that you are taking and get their help to implement them

- Talk to their children about coronavirus (COVID-19), social distancing and hand washing

- Follow guidance for households with possible coronavirus infection

- Do not gather at entrances or in playgrounds, and model social distancing so that their children learn good practice.

# Educational Settings - Specific Measures*: Illness

- Ensure children, carers, staff and visitors such as suppliers who feel unwell stay at home and do not attend your facility.

- If staff or pupils become unwell on-site they should be sent home.

*Schools and educational settings are currently closed – these measures therefore apply to Childcare Hubs*

# Educational Settings - Specific Measures*:
## Environmental Cleaning



- Increase cleaning of surfaces in classrooms, including desks and handles, and within toilet blocks and changing rooms, adhering to guidance on cleaning of non-healthcare settings in **Section 1.9** *'Health Protection Scotland: COVID-19 Guidance for Non-Healthcare Settings'*

- Facilitate cleaning by removing any hard to clean resources from the environment.

**Childcare Hubs**:  All equipment, toys and surfaces to be wiped down every two hours using the relevant cleaning materials.  At end of day please ensure all surfaces are cleaned and toys that require it are washed preferably in the dishwasher and any soft furnishings/covers are washed. This is for all areas used including outdoors. Special attention should be paid to door handles, work surfaces and light switches.
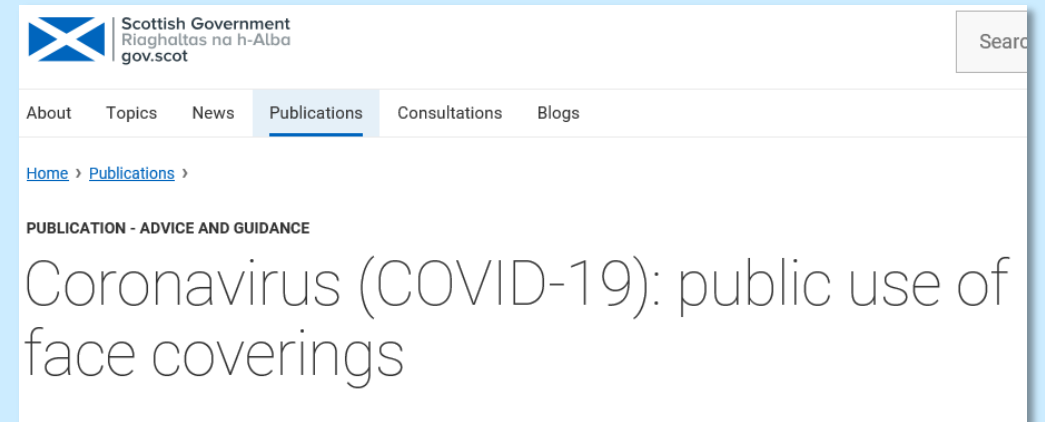
# Should the general public be wearing medical grade face masks?

## Health Protection Scotland COVID-19 Guidance:

It is important to note the difference between face masks and face coverings. Where HPS guidance refers to face masks this means surgical or other medical grade masks that are used in certain health and social care situations.

The use of face masks is not currently recommended for the general population.

Face coverings are made from cloth or other textiles that cover the mouth and nose, and through which you can breathe (e.g. a scarf). Additional information is provided on the following slide.

Scottish Government
Riaghaltas na h-Alba
gov.scot

Search

About    Topics    News    **Publications**    Consultations    Blogs

Home › Publications ›

**PUBLICATION - ADVICE AND GUIDANCE**

Coronavirus (COVID-19): public use of face coverings

# Face Coverings

## Scottish Government Public Use of Face Covering Guidance:

Physical distancing, hand washing and respiratory hygiene, are the most important and effective measures we can all adopt to prevent the spread of coronavirus. Therefore the wearing of facial coverings must not be used as an alternative to any of these other precautions.

The evidence on the use of face coverings is limited, but there may be some benefit in wearing a facial covering when you leave the house and enter enclosed spaces, especially where physical distancing is more difficult and where there is a risk of close contact with multiple people you do not usually meet. Examples include, traveling on public transport or entering a food shop where it is not always possible to maintain a 2 metre distance from another customer. There is no evidence to suggest there might be a benefit outdoors, unless in an unavoidable crowded situation, where there may be some benefit.

The Government is therefore recommending that you consider using face coverings in the limited circumstances described above as a precautionary measure. Given that the evidence of impact on transmission is relatively weak, the public use of facial coverings is not being made mandatory and will not be enforced at this stage. However, the Government will keep this guidance under ongoing review as they consider any easing of lockdown restrictions in the weeks ahead.