

FIRST BRIDGE CENTRE



COVID-19 POLICY

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COVID-19 Policy

Policy brief & purpose

This policy includes the measures we are actively taking to mitigate the spread of coronavirus. You are kindly requested to follow these measures, to sustain a healthy and safe home for you and workplace for our staff. It's important that we all respond responsibly and transparently to these health precautions.

This policy, and the measures of control contained in it, will be reviewed with the introduction of additional government guidelines.

Scope

This coronavirus policy applies to all parents, carers, children and their households. There is a separate coronavirus policy for staff that you are welcome to see. Please email info@FirstBridgeCentre.com to receive a copy.

Effective infection protection and control

There are important actions that children and young people, their parents and carers, and those who work with them, can take during the coronavirus (COVID-19) outbreak to help prevent the spread of the virus.

Transmission of coronavirus (COVID-19) mainly occurs via respiratory droplets generated during breathing, talking, coughing and sneezing. These droplets can directly infect the respiratory tracts of other people if there is close contact. They also infect others indirectly. This happens when the droplets get onto and contaminate surfaces, which are then touched and introduced into the mouth or eyes of an uninfected person.

In all education, childcare and children's social care settings, preventing the spread of coronavirus (COVID-19) involves preventing:

- direct transmission, for instance, when in close contact with those sneezing and coughing
- indirect transmission, for instance, touching contaminated surfaces

A range of approaches and actions should be employed. These can be seen as measures of control that, when implemented, create an inherently safer system where the risk of transmission of infection is substantially reduced. These include:

1. Minimise contact with individuals who are unwell

If you have, or are showing symptoms of, coronavirus (COVID-19) (a new continuous cough, or high temperature, or a loss of, or change in, your normal sense of taste or smell - anosmia), or have someone in your household who is, you should notify First Bridge Centre immediately. You should



follow the [guidance for households with possible coronavirus infection](#). If you have symptoms, you should [arrange to have a test to check if you have coronavirus \(COVID-19\)](#). If your test is positive, then you will need to isolate as per latest government guidelines <https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>.

2. Clean your hands often

Clean your hands more often than usual, particularly after arriving at your setting, touching your face, blowing your nose, sneezing or coughing, and before eating or handling food.

To clean your hands, you should wash your hands thoroughly for 20 seconds with running water and soap and dry them thoroughly or, if soap and water is not available, use alcohol hand rub/sanitiser ensuring that all parts of the hands are covered. If you require hand sanitiser, please contact your line manager in the first instance.

3. Respiratory hygiene (catch it, bin it, kill it)

Avoid touching your mouth, eyes and nose. Cover your mouth and nose with disposable tissues when you cough or sneeze. If one is not available, sneeze into the crook of your elbow, not into your hand. Dispose of tissues into a disposable rubbish bag and immediately clean your hands with soap and water or use a hand sanitiser.

4. Clean surfaces that are touched frequently

To prevent the indirect spread of the virus from person to person, regularly clean frequently touched surfaces, such as:

- door handles
- handrails
- table tops
- play equipment
- toys
- electronic devices (such as phones)

When cleaning, use the usual products, like detergents and bleach, as these will be very effective at getting rid of the virus on surfaces.

The use of soft toys and toys with intricate parts or that are otherwise hard to clean should be avoided.

5. Personal protective equipment (PPE)

The current guidance is that the majority of staff in education, childcare and children's social care settings will not require PPE beyond what they would normally need for their work, even if they are not always able to maintain a distance of 2 metres from others.

PPE is only needed in a very small number of cases:



- where an individual child becomes ill with coronavirus (COVID-19) symptoms and only then if a distance of 2 metres cannot be maintained
- where a child already has routine intimate care needs that involves the use of PPE, in which case the same PPE should continue to be used

6. When undertaking home programmes.

- Where households are reporting coronavirus (COVID-19) symptoms, please contact First Bridge Centre immediately who may need to cancel the visit.
- Where possible, prior to undertaking a visit, an attempt will be made to ascertain whether any member of your household is suffering from symptoms of coronavirus (COVID-19).
- Where households report no coronavirus (COVID-19) symptoms, no PPE is required, but a distance of 2 metres should be maintained with other members of the family and household, where possible.
- We would ask that you keep the room where the therapist and your child are working well ventilated.
- All equipment need to be kept clean and maintained only for use by the therapist and your child.

7. Testing

Priority access to [testing is available to all essential workers and their households](#). This includes anyone involved in education, childcare or social work - including both public and voluntary sector workers, as well as foster carers. Essential workers, and those who live with them, can book tests directly online.

All children, young people, and other learners, as well as their households, also have access to a test if they display symptoms of coronavirus (COVID-19). Visit the [guidance on coronavirus testing and how to arrange to have a test](#), or contact NHS 119 via telephone if you do not have internet access.

If anyone develops symptoms, they should be tested.

- If they test negative, other members of their household can stop self-isolating. If they feel well and no longer have symptoms similar to coronavirus (COVID-19), they can stop self-isolating. They could still have another virus, such as a cold or flu; in which case it is still best to avoid contact with other people until they are better.
- If they test positive, they should follow the [Coronavirus \(COVID-19\): Stay at home guidance for households with possible or confirmed coronavirus \(COVID-19\)](#) .