

## Staying Safe

### 3<sup>rd</sup> July 2020

The last few months have been an extremely challenging time for us all and we are so grateful for everyone's hard work and continued support to keep the people in our services, and our staff safe and well.

Because of the measures we adopted, all of our services remain free of infection, this is down to our amazing teams, we thank them all for their commitment in helping us to maintain this.

The government has set out its plan to ease restrictions from tomorrow in a way that continues to protect our communities and our NHS.

For us, we need to ensure we continue to do everything we can to protect and support the individuals in our services and our staff teams. We can do this together, but we need your help. Please be considerate and take extra precautions when out in public, and take time to read the government advice.

- Keep your distance from people outside your household
- Avoid being face-to-face with people if they are outside your household or support bubble
- Keep your hands and face as clean as possible
- Keep indoor places well ventilated
- Avoid crowded spaces
- If you have to travel on public transport think about how and when you travel
- Face coverings - consider when and where. If you can, you should wear a face covering in enclosed public spaces where social distancing isn't possible and where you will come into contact with people you do not normally meet.
- Face coverings do not replace social distancing. If you have symptoms of COVID-19 (cough, and/or high temperature, and/or loss of, or change in, your normal sense of smell or taste - anosmia), you and your household must isolate at home: wearing a face covering does not change this. You should arrange to have a test to see if you have COVID-19.
- Avoid shouting or singing close to people outside your household or support bubble
- Wash your clothes regularly
- When at work follow the advice on site
- The two metre social distancing rule still applies across all Autism Plus areas both internally and out in the community.

97% of infections happen within buildings such as shops, pubs, restaurants, cinemas, offices, building based day and enterprise centres. Please try and avoid these areas or find somewhere where you can sit outside away from the crowds. Travelling in cars and mini-buses also pose a high risk of infection due to the enclosed environment and the air distribution system that circulates air internally. The restrictive measures we imposed relating to use of vehicles remains in force.

Leicester is in lockdown and Doncaster and Barnsley are being closely monitored and could face further lockdown measures as the number of cases continues to rise. Please take extra precautionary measures in these two critical areas.

We all need to adopt these principles wherever possible. We will continue our standard practices of taking temperatures and completing questionnaires for all staff at the beginning of each shift.

We have robust risk assessments in place for each individual we support to ensure we can protect and support every individual around their needs.

Please remember, do not leave home if you or someone you live with has any of the following:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

**The most important thing we can continue to do is to stay alert, control the virus, and, in doing so, save lives.**

We are so proud of our amazing teams who are working so hard to keep everyone in our services safe – thank you for everything you are doing.

### **Useful Links**

<https://www.gov.uk/government/publications/staying-safe-outside-your-home/staying-safe-outside-your-home>

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do-after-4-july>