**Staff news**

**St Luke’s:** We welcome one new HCA, Victoria, to the team

**CQC inspection – adult social care team**

We are very pleased to announce that we have received notification that our overall rating for the adult social care team is **GOOD, with outstanding for caring and EXCELLENT for well led with no areas requiring improvement, a fantastic achievement.** The feedback and comments from staff and service users in our report were all extremely positive about our care and working for SPDNS. A very big thank you to everyone in the team as you have made this possible with your caring, dedicated hard work, well done all, and thanks to everyone who spoke to the Inspector while she was here.

**Key Safes**

Can you all be careful to ensure that you jumble numbers/letters up when you return the key to the key safe. We have had reports of key safe numbers not being jumbled up and therefore putting service users at risk. We are not sure if this is staff, family members or other professionals but please be vigilant and ensure service user safety at all times, thank you.

**Update on Coronavirus: COVID-19**

**Information about the virus:** COVID-19 is a new strain of coronavirus first identified in Wuhan City, China in January 2020. The incubation period of COVID-19 is between 2-14 days. This means that if a person remains well 14 days after contact with someone with confirmed coronavirus, they have not got the virus.

**Signs & symptoms of COVID-19:** The following symptoms may develop in the 14 days after exposure to someone who has COVID-19 infection:

* A cough
* A high temperature
* Shortness of breath

But these symptoms do not necessarily mean you have the illness. The symptoms are similar to other illnesses that are much more common, such as cold and flu.

Generally these infections can cause more severe symptoms in people with weakened immune systems, older people and those with long-term conditions like diabetes, cancer and chronic lung disease.

**If you are worried about your symptoms please call NHS 111. Do not go directly to your GP or other healthcare environment**

**How COVID-19 is spread:**

Spread of COVID-19 is most likely to happen when there is close contact (within 2 metres) with an infected person. It is likely that the risk increases the longer someone has close contact with an infected person. Respiratory secretions containing the virus are most likely to be the most important means of transmission; these are produced when an infected person coughs or sneezes, in the same way colds spread. It is also possible that someone may become infected by touching a surface, object or hand of an infected person that has been contaminated with respiratory secretions and then touching their own mouth, nose or eyes.

**Preventing the spread of infection**

* Wash your hands as per infection control guidelines. Wash your hands often, with soap and water for at least 20 seconds. Use an alcohol based sanitiser that contains at least 60% alcohol if soap and water are not available, this is particularly important after taking public transport.Always wash your hands before and after putting disposable gloves on/off, after using the toilet, before food preparation, before eating any food, including snacks
* Always wash your hands when you get home or into work
* Cover your mouth and nose with a tissue(not your hands) when you cough or sneeze , then throw the tissue in the bin&wash your hands afterwards
* Avoid touching your eyes, nose, and mouth with unwashed hands
* Clean and disinfect frequently touched objects and surfaces in the home and work environment
* Try to avoid close contact with people who are unwell

Attached to this newsletter as a reminder is a summary of hand hygiene guidelines from our policy and a diagram of hand washing from the Royal College of Nursing.

**We will keep you updated on any further advice regarding COVID-19**

**March 2020**

**13th March:** is no smoking day

**16-22nd March:** nutrition and hydration week

**Remember - clocks go forward an hour Sunday 29th March**