



Your care home during Christmas 2020

Care homes, local health partners, families and residents can **work together to minimise risk of COVID-19 transmission this Christmas** and look after their wellbeing. Homes who have not had outbreaks to date are more at risk this winter.

Infection Prevention and Control measures



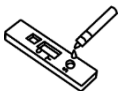
It is essential good infection control is maintained including on your journey to work and during breaks. Infection can happen when making colleagues drinks or sharing lifts. **Wear your PPE properly, change it carefully and stay stocked up.**

Visiting



In Tier 1-3 visitors should be tested on arrival in a separate area and always wear PPE. In Tier 4 care homes, visits can only take place outdoors or behind a substantial screen. **End of life visits should always be supported.**

Testing



Follow all the staff, resident and visitor testing guidance for your tier.

Wellbeing

There is a range of support available to support all levels of concerns – big or small:

The Samaritans confidential staff support line is open for all social care staff who might be feeling increasingly stressed, anxious or overwhelmed. This provides the opportunity to speak with a trained volunteer who can help with confidential listening and signposting to further support. **Call 0800 069 6222** (7am-11pm, 7 days a week).



Hospice UK's bereavement and trauma line is open for all social care staff. This offers a safe space to talk to a professional if you have experienced bereavement, trauma or anxiety. **Call 0300 131 7000** (7am-11pm, 7 days a week) or **text 'FRONTLINE' to 85258** (anytime).

COVID-19 vaccination



You will be contacted by your Primary Care Network when they can offer COVID-19 vaccination at your care home.

