



**Integrated
Care System**
Shropshire, Telford and Wrekin

NHS

**Shropshire, Telford
and Wrekin**

Sept 20th 2022

Care Cascade

Welcome to your care provider update



Welcome Back

We are pleased to reintroduce our monthly updates for colleagues working in the care sector.

These editions will centre around giving teams the information and resources they need relating to winter planning, with a particular focus on Covid-19 - including vaccinations, as well as flu vaccinations.

If you would like to include anything in the next edition, please email scott.demmerling@nhs.net



**Integrated
Care System**
Shropshire, Telford and Wrekin



**Shropshire, Telford
and Wrekin**

Winter Vaccination

The poster features a dark blue background. In the top left corner is the Integrated Care System logo, and in the top right corner is the NHS logo. The main text is centered and reads: 'BOOST YOUR IMMUNITY' in large white letters, with 'BOOST' in blue and yellow. Below this, it says 'WITH THE FLU VACCINE + COVID-19 BOOSTER' in blue and yellow. On the right side, there is an illustration of a female healthcare worker in blue scrubs holding a syringe.

As a social care worker, you're more likely to be exposed to the flu and COVID-19 viruses. You also care for people who may be at greater risk and it's easy to pass these viruses on without knowing. Both flu and COVID-19 can be life-threatening and getting both flu and COVID-19 increases risk of serious illness. Even if you are healthy, you can still catch these viruses and spread them to your patients.

The flu and COVID-19 vaccines are vital for helping to protect our staff and those they care for, and they are the best defence we have against these potentially life threatening viruses. The flu vaccine and the COVID-19 autumn booster vaccination are now available for frontline health and social care staff.

The COVID-19 booster and the flu vaccine can be given on the same day for social care workers that are eligible for both. There may be some opportunities to have them in a single appointment, although this will not always be possible. It is important that staff get both vaccinations as soon as they can, even if it means getting the flu and COVID-19 vaccines separately, to make sure they are protected as early as possible this winter.

Those who have not started or completed their primary course of the COVID-19 vaccine are urged to get their vaccinations as soon as possible. Primary course doses can be started at any time.



Winter Vaccination continued

Who is eligible?

Social care staff of all ages who have a direct hands-on care role are eligible to receive a COVID-19 and flu vaccine this year. Appointment booking is now open for frontline staff who simply self-declare when booking.

Frontline social care workers in the following settings are eligible for both vaccines:

- care homes/residential care settings for adults/older adults
- residential care for children who are clinically vulnerable
- community care for persons at home (including housing support, care at home services and personal assistants)
- carers - those who are eligible for a carer's allowance, or those who are the sole or primary carer of an elderly or disabled person who is at increased risk of COVID-19 mortality and therefore clinical.

All staff working in any function (including receptionists, porters, ward clerks, catering staff, cleaners etc) in care homes or community settings are also eligible for both vaccines.

The vaccine programme is targeted at those delivering direct care or staff who may have social contact with patients (but are not directly involved in patient care in these settings), whether employed by local authorities, private or third sector employers.





Winter Vaccination continued

Getting the vaccine

Care homes are currently being contacted to book dates for residents and staff on shift. The COVID-19 booster can be booked through the [National Booking Service](#) or by calling 119 or find a [walk-in appointment](#). Additionally, those working in care homes could be offered opportunity when roving teams visits care homes, however this will not always be an option. When booking, frontline social care workers will need to self-declare that they are a frontline social care worker or carer.

The seasonal flu vaccine, as first point of call, should be provided by employers as part of the organisation's policy to prevent the transmission of infection. Social care workers who are in direct contact with people who receive care and support services, should also have the vaccine provided by their employer. There are circumstances where frontline staff who do not have access to employer led occupational health schemes, can access the flu vaccine through the NHS free of charge.

The vaccines are safe, quick and free and we encourage all eligible staff to take up this opportunity to help protect themselves against COVID-19 and flu.

**BOOST YOUR
IMMUNITY**

*WITH THE AUTUMN
COVID BOOSTER*

**ONLINE BOOKING IS
NOW AVAILABLE FOR**

- PEOPLE AGED 75 AND OVER
- IMMUNOSUPPRESSED
- HEALTH AND SOCIAL CARE WORKERS



PPE reminder

Face Masks

There has been no relaxation in the requirement for care workers to wear a face mask and the continued use of face masks in care settings remains a critical control measure to help minimise transmission.

It remains the case that face masks should be worn by all care workers irrespective of whether the person being cared for is known or suspected to have COVID-19 or not. This is referred to as 'universal masking' or 'source control' and is a means of preventing spread of infection from the mask wearer. Visitors to care settings should be encouraged to wear face masks.

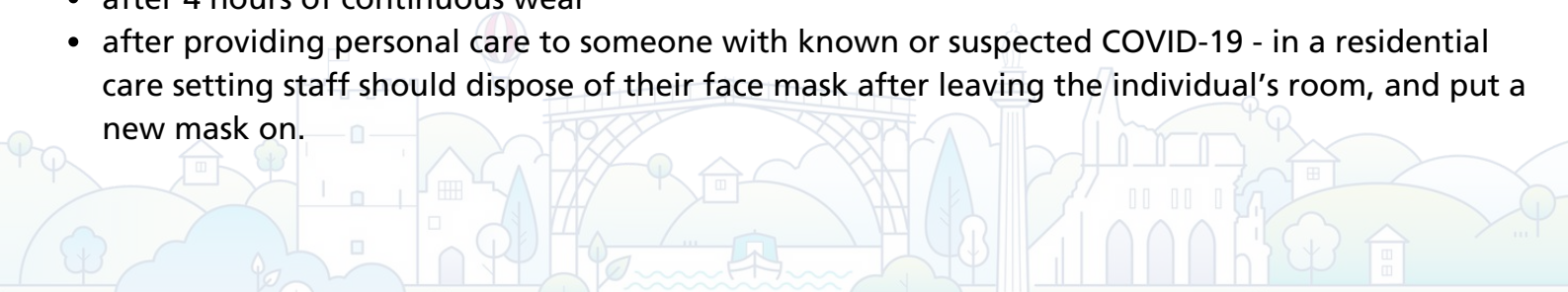
There are a variety of different face masks which are useful for both protecting the wearer (PPE) and protecting others (source control). However, the type of mask recommended depends on the type of activity being undertaken and whether the person is known or suspected to have COVID-19 or not.

All face masks should:

- be well fitted to cover nose, mouth and chin
- be worn according to the manufacturer's recommendations (check which side should be close to the wearer)
- not be allowed to dangle around the neck at any time or be pulled down under the chin and then be re-applied
- not be touched once put on
- be worn according to the risk-assessed activity
- be removed and disposed of appropriately, with the wearer cleaning their hands before removal and after disposal

Face masks should be changed:

- if they become moist
- if they become damaged
- if they become uncomfortable to wear
- if they become contaminated or soiled
- at break times
- after 4 hours of continuous wear
- after providing personal care to someone with known or suspected COVID-19 - in a residential care setting staff should dispose of their face mask after leaving the individual's room, and put a new mask on.





PPE reminder continued

Good Ventilation

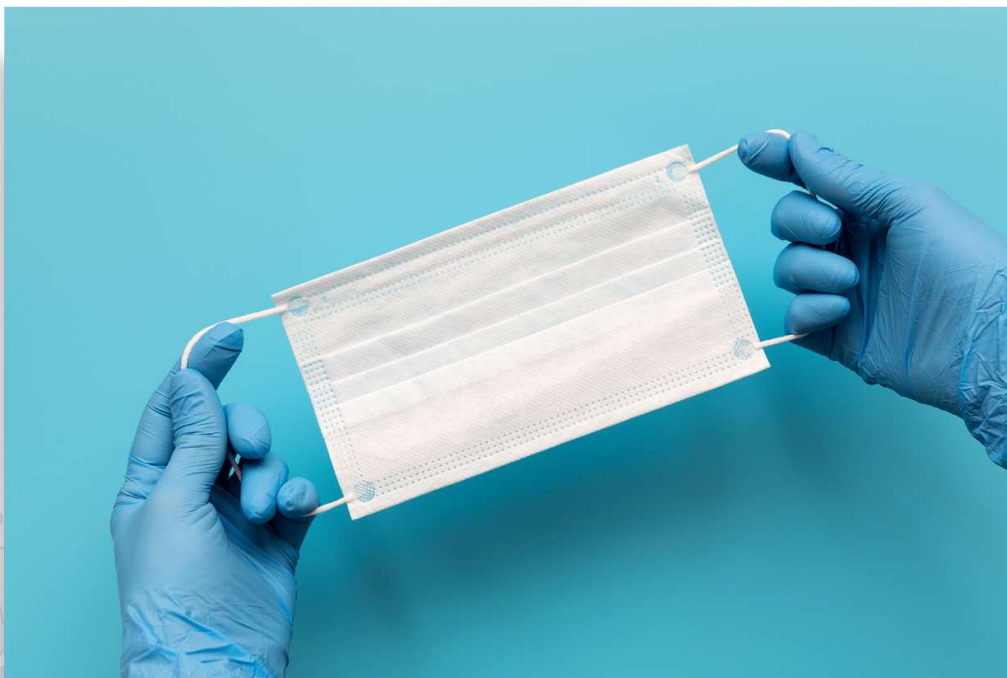
Good ventilation is an important control in managing the threat of COVID-19. Letting fresh air into indoor spaces helps to remove air that contains virus particles and prevent the spread of COVID-19 and other respiratory infections.

When someone with a respiratory viral infection breathes, speaks, coughs or sneezes, they release small particles (droplets and aerosols) that contain the virus which causes the infection. These particles can be breathed in or can come into contact with the eyes, nose, or mouth. The particles can also land on surfaces and be passed from person to person via touch.

While larger droplets fall quickly to the ground, aerosols containing the virus can remain suspended in the air for some time, including after an infected person has left the area. In poorly ventilated rooms the amount of virus in the air can build up, increasing the risk of spread, especially if there are lots of infected people in the room. The risk of airborne transmission is increased when occupants in an enclosed space are participating in energetic activity, such as exercising, or when they are shouting, singing or talking loudly.

Bringing fresh air into a room and removing older stale air that contains virus particles reduces the chance of spreading respiratory infections. The more fresh air that is brought inside, the quicker any airborne virus will be removed from the room.

Whilst maintaining good ventilation is extremely important, it is also important to remember that ventilation does not prevent the spread of respiratory infections through close contact (it is for this reason that wearing a face mask is so important).





PPE Reminder continued

Cleaning and Disinfection

Regular cleaning plays a vital role in limiting the transmission of COVID-19.

Increase the frequency of cleaning, using for example sanitisers that meet the requirements of BS14476, paying attention to all surfaces but especially ones that are touched frequently, such as door handles, light switches, work surfaces etc.

Cleaning should be more frequent depending on the number of people using the space, whether they are entering and exiting the setting and access to handwashing and hand-sanitising facilities. Cleaning of frequently touched surfaces is particularly important in bathrooms and communal kitchens.

Use disposable cloths or paper roll and disposable mop heads, to clean all hard surfaces, floors, chairs, door handles and sanitary fittings

When items cannot be cleaned using detergents or laundered, for example, upholstered furniture and mattresses, steam cleaning should be used.

