

Bendrigg Trusts' response to the risk presented by Coronavirus (Covid-19) outbreak

Issued: 15th March 2020

Statement: 3

We have been watching the development of the Covid-19 outbreak over the past few months closely and are deeply concerned for all those people affected.

We continue to closely monitor advice from the Government, NHS and Public Health England which is guiding our response to the ever changing situation. Current advice from the Government tells us that we should remain open as normal. Given the lengthy nature of the epidemic, it is important that Bendrigg's operation continues, as far as reasonably possible.

To help manage the risk of Covid-19, we are:

1. Cleaning door handles, light switches, hand rails and other common areas with disinfectant cleaner as frequently as possible
2. Asking that anyone entering the site, sanitizes or washes their hands.
3. Asking for staff, volunteers and visitors not to visit the Bendrigg site if they have a new, continuous cough and/or high temperature (37.8 or above). In such circumstances, people are advised to stay indoors and self-isolate for 7 days and to visit the NHS website for further advice.
4. Asking that everyone onsite follow basic protective measures:
 - **Wash hands frequently. Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water for at least 20 seconds.**
 - **Maintain social distancing. Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.**
 - **Avoid touching eyes, nose and mouth.**
 - **Practice respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when coughing or sneezing. Dispose of used tissue immediately.**
5. Ensuring that if any visitors shows signs of a temperature or a 'new' cough, we will make provision for them to be isolated and will then do everything we can to support their return home.

If you have any questions about Bendrigg Trusts' position, please contact me by email.

Nick Liley

Principal

15th March 2020

nick@bendrigg.org.uk

Bendrigg Trusts' response to the risk presented by Novel Coronavirus

Issued: 6th March 2020 Statement: 2

Bendrigg Trust has been watching the development of the Novel Coronavirus outbreak over the past few months and are deeply concerned for all those people affected.

The purpose of this letter is to advise staff and visitors to Bendrigg as to how they can minimise the risk of spreading the virus, particularly in relation to Bendrigg Trust.

- The Government is closely monitoring the spread of the Coronavirus and is taking action at home and abroad. We have identified areas of high risk as being those where the World Health Organisation has declared a state of emergency or those which are identified by the foreign office as places of high risk. This will be under regular review and any necessary updates will be provided. **Areas of high risk are currently defined as mainland China outside of Hubei province, Italy outside of the lockdown areas, South Korea outside of the special care zones, Cambodia, Hong Kong, Japan, Laos, Macau, Malaysia, Myanmar, Singapore, Taiwan, Thailand, Vietnam**

The current Government advice for returning travellers is to stay indoors and avoid contact with other people immediately if you've travelled to the UK from:

- Hubei province in China in the last 14 days, even if you do not have symptoms.
- Iran, lockdown areas in northern Italy (Codogno, Castiglione d'Adda, Casalpusterlengo, Fombio, Maleo, Somaglia, Bertonico, Terranova dei Passerini, Castelgerundo, San Fiorano and Vo'Euganeo), or special care zones in South Korea (Daegu, Cheongdo) since 19th February, even if you do not have symptoms.
- Other parts of mainland China or South Korea, Hong Kong, Japan, Macau, Malaysia, Singapore, Taiwan or Thailand in the last 14 days and have a cough, high temperature or shortness of breath (even if your symptoms are mild).
- Other parts of northern Italy (anywhere north of Pisa, Florence and Rimini), Cambodia, Laos, Myanmar or Vietnam since 19th February and have a cough, high temperature or shortness of breath (even if your symptoms are mild).

Use the [111 online coronavirus service](#) or call NHS 111 to find out what to do next. In Scotland phone your GP or NHS 24 on 111 out of hours. If you are in Northern Ireland, call 0300 200 7885.

Staff and visitors who do travel to these high risk areas must advise the Principal (nick@bendrigg.org.uk) before entering the Bendrigg site.

In addition, visitors should follow the advice below:

- Anyone showing signs of flu-like symptoms, should follow the 'Catch it, Bin it, Kill it' campaign used for flu and norovirus. It will promote important hygiene practices, such as regularly washing hands and always sneezing into a tissue, to stem the spread of viruses.
- Coronavirus presents with flu-like symptoms including a fever, a cough or difficulty breathing. The current evidence is that most cases appear to be mild. For further information on coronavirus, visit www.gov.uk/coronavirus.

We acknowledge that this does not protect our community from all risk because people may still encounter another person who has returned from a high risk area. It follows that we ask you to consider your own travel itineraries and those of friends and family members who may travel to high risk areas and that you take steps to prevent their interaction with staff, volunteers and visitors to Bendrigg.

Latest information and advice can also be found at:

<https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public>

Whilst on site all staff and visitors will be asked to follow the following basic protective measures:

- **Wash hands frequently. Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water for at least 20 seconds.**
- **Maintain social distancing. Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.**
- **Avoid touching eyes, nose and mouth.**
- **Practice respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when coughing or sneezing. Dispose of used tissue immediately.**

If you have any questions about Bendrigg Trusts' position on this matter, please contact the Principal, Nick Liley, by email (nick@bendrigg.org.uk)

Nick Liley

Principal

6th March 2020