

# UPDATE 4

## Coronavirus (COVID-19)

### Information, Advice and Safety Measures

24<sup>th</sup> March 2020



**Following the recent advancements of COVID-19 we want to reassure you that we are monitoring the situation carefully and regularly, with the wellbeing of our customers, suppliers and staff our top priority.**

**Purple Cow Training will continue to operate as normal whilst adhering to precautions outlined by local Government, our Awarding Bodies, Public Health England, the World Health Organisation and the Resuscitation Council. Such precautions are in place to ensure that our training courses provide no increased risk to delegates.**

#### **Reasons for issuing this document:**

This document provides you with the basic information regarding the coronavirus and where you can find additional sources of information. It also outlines Purple Cow Training's current and anticipated safety measures regarding the delivery of our services.

#### **Purple Cow Training Statement**

Purple Cow Training is closely monitoring developments with respect to the coronavirus and will provide further guidance to this evolving situation as necessary.

We would like to assure our customers that we remain committed to providing the superior service and support that they have come to expect of our company throughout this situation.

#### **What is the Coronavirus?**

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. Typical symptoms of coronavirus include fever and a cough that may progress to a severe pneumonia causing shortness of breath and breathing difficulties. Generally, coronavirus 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.

#### **What are the symptoms?**

Coronavirus presents just like any other virus so the individual and health professionals will not know if the person has the coronavirus or the common cold/flu.

Many with the disease will either remain undiagnosed or will recover without ever needing hospital care. But if the health professional is concerned the individual may be infected with the coronavirus they will arrange a blood test.

#### **Symptoms are:**

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

#### **Number of cases**

As of 9am on 23 March 2020, a total of 83,945 people have been tested, of which 77,295 were confirmed negative and 6,650 were confirmed positive.

As of 1pm on 23 March 2020, 335 patients in the UK who tested positive for coronavirus (COVID-19) have died.

The Department of Health and Social Care will be publishing updated data here

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public> every day at 2pm until further notice. This data is accurate as of 9am on the day of publication.

#### **Risk Level**

The risk to the UK has been raised to high.

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### What can individuals do to protect themselves against viruses?

The recommended advice for reducing exposure and transmission of any virus such as cold or flu is:

#### DO:

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- stay 2 metres (3 steps) away from other people, if you need to go outside
- If you have fever and /z or a cough seek medical care early and call NHS 111 and share your travel history and symptoms

#### DON'T:

- do not touch your eyes, nose or mouth if your hands are not clean

### What to do if you have symptoms

- Continue to stay at home if you have either:
  - a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
  - a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home
- Use the 111 online coronavirus service to find out what to do

### What to do if you become or someone else becomes unwell

If you become or someone else becomes unwell and you/they have recently come back from an area affected by coronavirus, you/they should:

- Get at least 2 metres (7 feet) away from other people
- Go to a room or area behind a closed door
- Avoid touching anything
- Cough or sneeze into a tissue and put it in a bin, or if you/they do not have tissues, cough and sneeze into the crook of your/their elbow
- Use a separate bathroom from others, if possible

You/the unwell person should use your/their own mobile phone to call either:

- For NHS advice: 111
- For an ambulance, if you're/they're seriously ill or injured or your/their life is at risk: 999

You/they should tell the operator:

- Your/their symptoms
- Which country you've/they've returned from in the last 14 days

### Returning travellers:

Stay indoors and avoid contact with other people immediately if you've travelled to the UK from anywhere abroad in the last 14 days. Please refer to <https://www.gov.uk/foreign-travel-advice> for individual country advice.

Use the NHS 111 coronavirus service to find out what to do next.

Do not go to a GP surgery, pharmacy or hospital.

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### Practices currently being used to minimise the coronavirus spread

On the 23<sup>rd</sup> March the UK government took further action to limit the spread of coronavirus.

- Shops selling non-essential items are to close, along with libraries, playgrounds, outdoor gyms and places of worship
- Weddings and baptisms will be banned but funerals will be allowed
- Gatherings of more than two people not from the same household will be banned
- People are only to do one form of exercise a day on their own or with a member of their household

### The only other acceptable reasons to leave the house are:

- Shopping for basic necessities, although this should be done as little as possible
- Medical need or to provide care for a vulnerable person
- Travel to or from work but only where this is absolutely necessary

### What should everyone be doing?

- If people have to go outside - to buy food for example - they must stay more than 2m (6.5ft) apart from others
- Cafes, pubs, restaurants, nightclubs, theatres, cinemas, gyms and leisure centres have all already been told to close. The move is part of social distancing measures to minimise non-essential contact
- People with flu-like symptoms - such as a dry cough and high temperature - had already been asked to self-isolate at home to avoid infecting others

Everyone must comply with these new measures. The relevant authorities, including the police, will be given the powers to enforce them – including through fines and dispersing gatherings. These measures are effective immediately. The Government will look again at these measures in three weeks and relax them if the evidence shows this is possible.

### Why is social distancing necessary?

- Social distancing is important because coronavirus spreads when an infected person coughs small droplets - packed with the virus - into the air.
- These can be breathed in or can cause an infection if you touch a surface they have landed on, and then touch your face with unwashed hands
- The less time people spend together, the less chance there is of this happening.

### In summary

- Stay at home
- Only go outside for food, health reasons or essential work
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home
- Anyone can spread the virus
- Use telephone or online services to contact your GP or other essential services
- If you have symptoms of coronavirus and need to stay at home, use the 111 coronavirus service to get an isolation note - <https://111.nhs.uk/covid-19/>

For full guidance on staying at home and away from others visit <https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others>

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#### Purple Cow Training safety measures

##### Sales and Operations

- As of the 24<sup>th</sup> March, all operational staff at Purple Cow Training will be working remotely until further notice
- All staff will receive updates in accordance with ongoing government information, advice, guidance and instruction

##### Training Courses

- All face to face public training courses/assessments/examinations taking place from the 27<sup>th</sup> March have been postponed until further notice. Customers will be offered:
  - Alternative training course dates and/or locations and/or, where possible/feasible
  - Alternative mode(s) of study to facilitate training
- UK in-company courses/assessments/examinations will broadly continue as is for the time being as we feel it is up to the organisation concerned to decide whether the training is essential to them. Ultimately, we are happy to support in-company training where facilities, including room size and spacing, is sufficient to meet government guidelines.
- UK in-company training courses/assessments/examinations taking place from the 27<sup>th</sup> March onwards will be delivered in accordance with the relevant government guidance. **To also note:**
  - Delegates must not attend if they have travelled to the UK from anywhere abroad in the last 14 days
  - Delegates must not attend if they have coronavirus or any of the symptoms (Cough & Fever)
  - As they have a duty of care to all delegates attending our training courses, trainers will have the power to turn anyone away who have either travelled or have symptoms
  - Trainers will fully brief delegates on precautions (see below) recommended to help prevent people from catching and spreading COVID-19 before course initiation. If this guidance is not followed the trainer, under his/her duty of care to all delegates attending the training course, will have the power to remove the delegate from the course.

##### **Precautions include:**

- All delegates to stay 2 metres (6ft) away from each other
- All delegates are to wash hands frequently with soap and water
- All delegates are to sneeze/cough into a tissue or a bent elbow and never their hands
- Any delegates exhibiting respiratory virus symptoms (cough, cold, flu) on a course are to be isolated in a separate room and NHS 111 contacted
- Trainers will conduct/complete a Risk Assessment prior to every training course taking place and action in accordance with their findings
- **Facility considerations:**
  - Adequate ventilation (natural – **NO** Air Conditioning)
  - Reduced numbers for courses
  - Increased personal space
  - Increased break periods
  - Soap & warm water available
  - Hot & cold water available
  - Candidates encouraged to bring their own utensils
  - Trainers will clean and disinfect frequently touched objects and surfaces
- **Equipment considerations:**
  - Trainers are encouraged to reduce the use of learning aids and non-essential course equipment
  - Where physical aids and equipment may be necessary, trainers must clean and sanitised between sessions
  - Regarding manikins:
    - Trainers must ensure that manikins (to include chest, forehead and face) are wiped with a minimum 70% alcohol wipe after each delegate interacts with it

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- Trainers must replace and dispose of manikin lungs and airways after each training session
- Trainers must clean manikin heads with appropriate disinfectant solution after completion of each training session
- Purple Cow Training's standard Terms and Conditions apply to all current and new bookings

**In addition**

- If you are due to attend a course and you are in quarantine, or subject to self-isolation, please let Purple Cow Training know as soon as possible by contacting us at [bookings@purplecowtraining.co.uk](mailto:bookings@purplecowtraining.co.uk).
- If you have any concerns or questions regarding the current situation and how it could affect planned courses being delivered by Purple Cow Training, please contact us at [bookings@purplecowtraining.co.uk](mailto:bookings@purplecowtraining.co.uk).
- If you would like to enquire about or book a new course with Purple Cow Training, please contact us at [bookings@purplecowtraining.co.uk](mailto:bookings@purplecowtraining.co.uk).

We appreciate your cooperation and apologise for any inconvenience that these measures may cause, but please be assured that the health, safety and wellbeing of our customers, suppliers and staff is our overriding priority.

**Where can I get further advice?**

Please refer to WHO advice online, <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public> and also the UK Government, <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>.

On behalf of all the team at Purple Cow Training, thank you for support and understanding. Please look after yourselves and your families as we go through these uncertain times together.

Take care.