

THE CATHOLIC WORKER FARM

COVID CONTROL GUIDE AND MEASURES

Update 22/10/21

Dear All,

Key-Workers must read and translate Sections in **Red** to our potential Guests.

Volunteers must read the entire document.

The Catholic Worker Farm is Temporary, Emergency Accommodation.

The Farm is also a **Covid Safe Hub**. It does not mean that our community will be perfectly safe but we will try together to maintain a place which balances safety with freedom.

- We will endeavour to move our Guests into alternative accommodation as soon as they are legally and financially able to do so.
- We will prioritise those who are Clinically Vulnerable, those who have to Self Isolate. Some Guests may be invited to stay longer than 3 months

Please follow guidance and protocol during this time, it can literally save lives!

As of the 19/July/21, the government promoted “Freedom Day”, easing Covid restrictions. You can read about that and for general information on the current rules here.

<https://www.gov.uk/coronavirus>

However, in order to protect our Community we have created and have the right to create our own safety measures; these will evolve over time. Our continued guiding principle and practice must be to reduce the chances of infection in our community. **Our guests will have the opportunity to leave the farm at any time or at any time they feel our policy(ies) are not suited to them.**

We are aware that new Variants of Concern emerge, Immunisation diminishes and therefore we will keep an updated list of Vaccination dates for our Guests and Volunteers. Everyone who wishes to live at the farm will be expected to be fully Vaccinated. This is in order to protect vulnerable community members and to stop the spread of the virus. Anyone refusing Vaccination may be asked to leave.

For now school age Children who have not been Vaccinated will not be allowed to live at the farm.

REPORTING AND MANAGING INFECTION

- Please immediately contact the Manager (Scott Albrecht) if anyone in the house shows symptoms.
- **The 3 main symptoms of Covid-19 are**
 - a raised temperature of 37.8 degrees or more and / or
 - a new persistent cough and /or
 - a loss of, or change in, normal sense of taste or smell (anosmia).

Please see the following link for guidance:

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

Please also get in touch with the manager if anyone in our Community is not showing these specific symptoms but is feeling unwell; They may complain of a headache, stomach ache, lack of appetite and/or be lethargic.

- If anyone in the house is showing symptoms we will implement additional protective measures to ensure that we keep everyone as safe as possible.
- If a Community Member becomes ill with the virus, we will isolate them in the Guest House or Hermitage. If more people develop symptoms in the house we may bring the Member back to the house as the virus has already spread.
- In all incidents, self isolation and quarantine equates to minimising contact with other people. The essential outline for everyone to adhere to is:
 - People should be confined to one room
 - They should have access to a bathroom which is not also used by other people. If this is not possible then it is to be ensured by the person to clean down all touchable points after every visit.
 - Rooms used by the infected person to be aired frequently.
 - They should not use the kitchen or any communal areas. All food and drink must be left outside their door.
 - Full PPE (mask, apron, gloves) must be worn throughout any contact with them and wherever possible 2 meter distance to be observed.
 - They should be monitored on an agreed regular basis.

CURRENT CONTROL MEASURES

In light of the latest government guidance, law and community policy, we are asking you to observe the following

Please ensure Guests are aware of infection control protocols such as the need to wear masks and hand sanitise. Please minimise going to the shops during busy times.

Vulnerability and shielding: According to updated government guidance, there may be some Individuals (Community Members) who are extremely vulnerable to the virus because of having Immunosuppression or other health conditions. They may have to continue Shielding.

Let's still keep in mind that some of us are more vulnerable than others and so lets keep looking after each other in every situation.

1) PRE ARRIVAL INTERVIEW BY KEY-WORKER

Has your client had all her vaccinations?

Can you test your client before they arrive here?

Has your client been in heavily populated places or mostly at home within the last five days?

COVID Symptoms

Does your client have:

A fever?

Loss of taste or smell?

A new continuous cough?

2) WEEKLY TESTING

Every Wednesday morning, we carry out a blanket Lateral Flow Test for COVID-19 on every member of our community. In this way, we manage the presence of the virus in the farm without restricting or controlling the daily activities of our guests.

3) LARGE INDOOR GATHERINGS

We would prefer for you to not attend Large Indoor Gatherings such as Very Full Church Meetings, Indoor Concerts, Packed Restaurants etc...

4) VISITS

Families and Friends may continue visiting. Visits to take place in our designated, outdoor place following safety protocols.

Rules for Family and Friends visits to The Farm

- The Manager must be notified 2 days before a visit.
- The Visitors name and contact details will be documented in our log book
- Visitors may not enter the main building. It means that we are only able to offer the use of our outdoor toilet to visitors at this time. This however may not be available if someone is in quarantine.
- We are asking all visitors to wear a face mask during the visits outdoors, hand sanitise before and after visits and social distance.
- All visits must be supervised by a Volunteer.
- Visits must not go ahead without these measures in place.
- Report any breaches in safety protocols to the Manager without delay.

5) EXCEPTIONAL COVID TESTING AND TEMPERATURE READINGS

We may take Covid Tests and Temperature readings of everyone in the house when necessary and of Visitors when they come through the door.

6) SHOPPING AND SUPPLIES

Food, cleaning materials, PPE will be delivered to the houses through Core Members or shop deliveries. We will check our PPE Supplies monthly. We need to continue to minimise the chances of bringing infection into the house. One route for this is our shopping and food deliveries. Wash your hands afterwards.

7) SOCIAL DISTANCING

When leaving the farm, social distancing (keeping distance of 2 meters) between people should be done when possible. PPE, hand-washing and other forms of infection control hygiene is extremely important in our environment.

8) COVID LEAD

We have identified one person for each house as Covid Lead. This person will pay special attention to ensure that Covid control measures are followed in the houses. Their role is to encourage everyone in their house to keep up with the demands of infection control.

As agreed, the Covid Lead is Elisabeth.

When the Lead is away, they need to ask someone to take over in their absence.

9) PPE STOCK LEVELS

We have good levels of PPE stock that is kept in the Utility Room.

10) HAND-WASHING

This is one of the most important thing to prevent and manage infection. Use soap, wash hands for 20 seconds thoroughly. Wash hands as often as possible. Hand-washing is especially important before and after certain activities such as cooking, eating, using the bathroom, coming in, going out, using a tissue etc.

Make use of videos, pictures if you can. You can display hand-washing pictures, but the best way is always to show and practice.

Use alcohol based hand sanitisers when you go out and when you come in to the house, put these by the front door.

11) VENTILATION

One key way this virus spreads is through the air in droplets. Open windows regularly (several times a day for 5-10 mins) especially in areas where people spend more time. (don't forget to close windows when cold outside)

12) CLEANING

Please establish daily, frequent cleaning routines in the house where you clean, disinfect surfaces that people normally come into contact with such as doors, door handles, kitchen surfaces, tables, chairs, cutlery, crockery etc. This is not a full list, you will know best what you need to do in your environment. You can use the usual cleaning products. Please ensure adequate supplies are available at all times.

Cleaning will need to be stepped up once someone is showing symptoms.

13) TIME AWAY FROM THE COMMUNITY, HOLIDAYS, NIGHTS AWAY

Holidays for Volunteers

Two Holidays for every month of estimated stay

Twelve months stay = 24 holidays -> can be used anytime BUT The Farm only provides quarantine 2x within the one year period for volunteers who want leave the Farm (and the COVID Protocol) during their holidays.

Six months stay = 12 Holidays -> can be used anytime BUT The Farm only provides quarantine once within the six months period for volunteers who want leave the Farm (and the COVID Protocol) during their holidays.

For any further quarantines, the volunteer has to use their own holidays. Exception: quarantines that aren't the volunteers fault.

Quarantine means five full days of staying in the hermitage/guest house until a negative COVID Test allows you to join the Community. A safe distance of 2 meters, proper disinfection and no direct physical contact to people outside the Covid-Bubble ensures everybody's safety. Volunteers may be called upon to help outside.

NIGHTS AWAY

Volunteers may spend the night out but should speak with the manager and Covid Lead about any High Risks.

14) MONITORING AND RECORDING

We need to monitor and record a number of things during this pandemic. The Manager with the support of the infection lead/champion will ensure this takes place as required and delegate responsibilities for this. We monitor and record things such as temperature of people, visitors, Community Members being tested, vaccinations etc.

OTHER IMPORTANT CONSIDERATIONS

- Hydration is really important. Please make sure we all drink plenty of fluids (on a regular and frequent basis)
- Anything to boost the immune system may be helpful. Healthy, not heavy diet with plenty of fruit, vegetables will be helpful. Consider taking mineral and vitamin supplements.
- If someone was hospitalised they would be asked to quarantine and be tested for the virus prior to come back to our community.
- Should any Community member deteriorate following discharge, advice should be sought immediately from NHS 111 online or by telephone, or through their GP. If they are having difficulty breathing, having chest pains or are unresponsive call 999 for assistance.
- Medicines: Please ensure there are adequate supplies of medicines which includes cough medication, paracetamol etc to relieve symptoms.
- Face masks in public wherever social distancing is difficult- for example crowded places, shops etc.
- Test and trace The objective of this program is to quickly identify how and where the virus is spreading and trace people who may have been infected. The ultimate aim is to keep the infection rate down, the "R" (reproduction number) below one.

The government has employed thousands of tracers who are contacting people who have or may have been in close prolonged contact (usually 10- 15mins or more) with people who have tested positive. They would normally ask these people to self isolate.

If anyone gets a call or email from a contact tracer, please immediately contact Scott. Please also complete an incident form. While some parts of the incident form will not be relevant, it will be used to keep a record of what has been said and later what was decided.

Covid 19 App. The government is encouraging people to download and use the NHS Covid-19 app to help with the test and trace program.

