

# Safe spaces, Safe work in the time of Covid-19 Places of Worship June 2020

Public Health Team Newham

Some slides courtesy of PH Brent

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a place where people choose to  
**live, work & stay**

# Covid Safe Working

## 1. Objectives

- Objectives for safe working

## 2. What are the risks being mitigated?

- Covid-19 and SARS-CoV2
- Individual health – self isolation
- Distancing Handwashing Cleaning
- What to do around tests and cases

## 3. Areas to consider

- See Toolkit

## 4. PPE

- When to use & how to use

## 5. Newham Context

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# OBJECTIVES AND EVIDENCE

# National Guidance

- <https://www.gov.uk/coronavirus>
- Self isolate if unwell with the symptoms
- Self isolating proactively if at risk of health complications
- Self isolate if asked by NHS test and trace
- Distancing at least 2m from people to prevent transmission, including avoiding going out ; gatherings
- Wash hands more frequently - after being out, before eating and before touching the face - The 6 point plan
- Washing hands for 20 seconds with soap and water or hand sanitiser (hand hygiene)
- 'Catch it, bin it, kill it' with coughs and colds (respiratory hygiene)

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/869144/Self-isolation\\_poster\\_for\\_patients.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/869144/Self-isolation_poster_for_patients.pdf)

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/>

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# COVID-19 Guidance for Places of Worship

June 2020

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# What is Covid-19?

- Unpleasant flu like illness which lasts 7-10 days om 80% of adults. In most children Covid-19 causes very few symptoms

## Diagnostic symptoms:

- A new continuous cough (3 episodes of coughing in 24 hours)
- or/ and a fever  $> 37.8^{\circ}\text{C}$  (feel hot to touch on back or chest)
- a loss of or change to your sense of smell or taste
  - A runny nose, sneezing, diarrhoea - especially in children
  - and for those more severely affected: difficulty breathing, pneumonia

# The risk you are mitigating

Covid-19 is transmitted like cold and flu viruses:

- **Breathing in droplets** while being **close** to someone who has symptoms/is transmitting
  - Within 2m distance and 15 or more minutes of contact.
  - Closed indoor spaces
  - Pushing air
- **Hand contact** with surfaces the virus is on and **transfer to mouth, face, eyes, surfaces etc..**-
  - Virus stays alive on plastics and steel for 72 hours
  - 72 hours max time live virus

# Objectives for safe working

**Deliver essential role functions and services and**

- Protect your teams from the public
- Protect your clients / the public / community in your space from your teams and each other
- Protect the wider community - by reducing the opportunity for spread in your space /by your communities and teams

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of-places-of-worship-during-the-pandemic/covid-19-guidance-for-the-safe-use-of-places-of-worship-during-the-pandemic#section4>

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# WHAT ARE THE RISKS? MITIGATION PRINCIPLES

# The 6 Principles : - 1 Isolation,

## 1. Self isolation/isolation

- People with symptoms should self isolate for 7 days to avoid transmitting to colleagues.
- Do not come to work or a volunteering session if you have symptoms of Covid-19.
- Do not come to work or volunteering if asked to isolate by NHS test Trace isolate or your GP / another health professional
- This is **Rule One – Stay home for 7+ days if unwell**

\* Illness may last longer people often unwell and infectious for 10- 14 days.

## 2 Distance

### 2. Distance & Airflow

- Carry out activity remotely - by phone or using video e.g. EMIS/Skype/FaceTime/ Zoom
- observe social distance of at least 2m between people Physical Barriers better than signs.
- greater space in enclosed spaces
- Stagger shift changes /groups to reduce foot fall in a depot and increase space
- In vans, or other closed spaces, open a window to create airflow in place of distance.

### 3 Delay

**Objects** – Wait 72 hours for virus to die.

**People** – Wait for the infectious period to pass. This informs when it is safe to return to work, school or volunteering

Quarantine boxes for books and cards - safer to leave than clean

Visiting homes- Avoid - Ask. Wait.

# 4 Handwashing

## Hand hygiene

- Wash hands with soap and water or hand sanitiser for at least 20 seconds using the following technique
  - » Video <https://youtu.be/bQCP7waTRWU>
- Wash hands throughout the day especially
  - first thing at the start of work/entering a space,
  - before eating and before touching face / before and after any vaping breaks
  - before handling or serving food
  - after bathroom breaks / after touching cash or other heavily handled objects like door handles (avoid touching where possible)
  - before you leave the workspace
  - first thing on entering your home

# 5 Cleaning

## Cleaning and disinfecting

- Use detergent and water followed by disinfectant with available chlorine of 1,000 ppm (most common detergents are enough.)
- Alcohol with a concentration of 60% alcohol is also effective for surfaces. Baby wipes are not to be used.
- Clean high traffic frequent touch contact sites (handles, door pushes, telephones, and toilet block doors and flushes) at least 4x a day
- Vehicles and spaces should be ready and cleaned before a shift, after a shift and between a change of driver. Clean at end of day.
- Exposed clothes- Clean your exposed clothes after work with detergent and if no direct care ordinary wash If care 60C
  - Clothes need to be dried.
- Consider PPE for cleaning teams or long acting disinfectant

## 6 Groups at higher risk from Covid-19

- Stay at home
- Extra precautions - Distance 2m
- Priority access first thing in the day when space is clean
- Messaging
- Support to offer if someone does have Covid -19
  - Escalate if LTC
  - GP home monitoring service

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# AREAS TO CONSIDER IN PREVENTION

## Areas to consider- See toolkit

- Risk Assessment – Legal requirement
- Buildings – Distance, flow, cleaning
  - Creating default people flow systems barriers, one way systems
- Grouping and numbers in one space- Measure space & consider ventilation
  - activities needing extra space/ ventilation e.g. speaking
- Equipment
  - Cleaning protocols and use /non use e.g. never share cups, avoid food consumption
- Areas /cohorts of additional risk
- Managing Cases and Managing isolation and return to work
- Incidents – care/first aid,
  - cases, outbreaks what to do Advice: [LCRC@Phe.gov.uk](mailto:LCRC@Phe.gov.uk)  
0300 303 0450
- Communication –

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**PPE**

# Do I need PPE?

- PPE is needed most for people who:
  - provide close personal care (<2 metre) to people with symptoms of Covid-19
  - Carry out emergency assessments (people/buildings) in homes where residents have Covid-19
  - Clean an area where a person with symptoms has recently been
  - Work in or deliver to a closed area where there is a group of symptomatic people (at any distance)
  - Drive a person with symptoms
  - Provide close personal care <2m to someone on the NHS shield list
  - Develop Covid -19 while at work
-

- PPE is only safe for you if it is put on and taken off properly
- Most contamination incidents occur when taking off PPE
- There is a specific order and really important rules
- You should watch these videos and learn how to put each piece you need on and how to take it off safely.
- Two good donning and doffing videos are:  
<https://youtu.be/j3hfEpjAx0E>  
PHE - Covid specific [https://youtu.be/-GncQ\\_ed-9w](https://youtu.be/-GncQ_ed-9w)

You should ALWAYS follow instructions to don and doff PPE (starting with hand washing) or face covering.

## Safe PPE use 2

- PPE is only safe for others if it is used correctly
- It is single use for care / contact processes. Gloves & Aprons
- **New person or process = new PPE**
- Masks / Face coverings are sessional to be kept on for one session of up to 5 hours.
- Visors and goggles are reusable clean and dry according to instructions
- You should ALWAYS follow instructions to don and doff the PPE (starting with hand washing)

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# NEWHAM CONTEXT

## Newham specific

- Our diversity
- Housing
- Conditions
  - Risk attaches to factors linked to ethnicity / Areas of high deprivation /overcrowding/ Long term conditions and risk conditions
    - Heart liver lung and kidney disease
    - Immune disease or medications which lowers immunity
  - Seeking medical help early if affected
  - Seeking medical help for existing conditions.

## Your health

- A **new** cough - 3 episodes of coughing in 24 hours or 1 hour of persistent coughing
- A high temperature – feel warm on back and chest
  - Possibly - **new** runny nose or one that has got worse in the last day/days
  - Loss of taste or smell
- **Stay home - Rule 1** – and observe 7-14 day self isolation
- **Get a swab test**

## Your household health

- if anyone has the key cough fever loss of smell symptoms
- **Get a swab test**
- **Stay home – Rule 1** – and observe 7 14 day isolation



Got coronavirus symptoms?

**1 Start isolating**

- you for **7 days**
- household for **14 days**

**2 Book a test**

- NHS.uk/coronavirus
- or call 119

negative  
for COVID-19

positive  
for COVID-19

- Household stops isolating immediately
- You stop isolating if you feel well

**3 Share contacts**  
via NHS Test and Trace

**STAY ALERT • CONTROL THE VIRUS • SAVE LIVES**

If you have been in close contact with someone who tests positive

**1 You may be alerted**  
by **NHS Test and Trace**

**2 Isolate** for **14 days**  
after close contact

if you develop symptoms

**3 Book a test**

- Household isolates for 14 days

negative  
for COVID-19

positive  
for COVID-19

- Household stops isolating immediately
- You complete **14 day isolation**

- You begin new **7 day isolation**
- Household completes **14 day isolation**

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# Testing

- Essential workers, Over 65s and their symptomatic household members can test via the gov.uk portal

<https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested#list-of-essential-workers-and-those-prioritised-for-testing-england-only>

- with options of
  - Fixed drive thru
  - Mobile drive thru in a range of boroughs- Hackney, Newham, Barking and Dagenham, Redbridge, Havering
  - Home test kit by courier and post (turn around 4 days)

## Everyone else under 65

<https://www.nhs.uk/ask-for-a-coronavirus-test> or

**Call 119**

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# Travel

- Active travel walk cycle if possible
- Current advice to avoid public transport and also car usage not recommended due to air quality concerns –
  - Newham residents adversely affected by air quality before and during Covid-19 now a time to keep the air clean.
  - Work on healthy schools streets
- TFL and govt guidance for public transport recommends face coverings –

# Temp checks

- SAGE advice is not to use temp checks in any setting
  - Because: Too inaccurate – forehead thermometers measure skin temp which is different from core temp and can over estimate a temperature
    - resulting in a healthy person and their bubble being sent home
    - Temperature rise - fever symptom - is not present in all Covid-19 cases – and especially not in children
    - A raised core temp can be reduced with ibuprofen and paracetamol meaning the test can be fooled.
  - A person with a high temp should not be in work or school but the test is too inaccurate to be effective. Where it has been used at borders it have been ineffective. A check of whether someone is well enough to attend should happen in the home ideally.

# Q&A

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