

## Health Protection Team Festive Hours

North Lincolnshire's Health Protection Team (HPT) and the UK Health Security Agency (UKHSA) remain available to support you over the festive period.

The HPT normal operating hours apply on all days except for Bank Holidays. Please continue to report cases to us in the usual way by emailing: [healthprotectionteam@northlincs.gov.uk](mailto:healthprotectionteam@northlincs.gov.uk)

Out of hours, you can contact the Yorkshire and the Humber UKHSA Health Protection Team by calling 0113 3860300UKHSA or emailing: [YorkshireHumberHPT@UKHSA.gov.uk](mailto:YorkshireHumberHPT@UKHSA.gov.uk)

If you are a registered medical practitioner within the Yorkshire and Humber area wanting to make a notification of infectious disease (NOID) to UK Health Security Agency Y&H Health Protection Team, please use their online notification system via the secure link [here](#).

## Updated PPE Guidance

We are pleased to advise you that the [national PPE guidance](#) has been updated. Care workers and visitors to care homes do not routinely need to wear a face mask at all times in care settings or when providing care in people's own homes. However there remain several circumstances where it is recommended that care workers and visitors to care settings wear masks to minimise the risk of transmission of COVID-19. These are:

- if the person being cared for is known or suspected to have COVID-19 (recommended Type IIR fluid-repellent surgical mask)
- if the member of staff is a household or overnight contact of someone who has had a positive test result for COVID-19
- if the care setting is in an outbreak – see section on outbreak management for further information

## Seasonal Takeaways

Please note the following key updates:

Contact with relatives and friends is fundamental to care home residents' health and wellbeing and visiting is to be encouraged

Encourage your staff to get their seasonal flu jab and COVID-19 booster

There have been no updates or changes to COVID-19 visiting guidance since October of this year

Visitors who have signs of respiratory illness should remain away from the setting until these symptoms have resolved

Wrap up warm: layer clothing and if outdoors wear extra layers

Flu is circulating; if a resident has flu-like symptoms, speak to their GP as anti-viral medication can now be prescribed without the need for tests

If your home goes into outbreak, speak to the HPT about options to limit the impact on Christmas activities and visits, where possible

Keep the home at a steady temperature and close curtains and windows at night to keep the cold out

Make sure residents have access to warm rooms and check and record indoor temperatures during cold spells

During an outbreak of COVID-19, visiting is still to be encouraged. One visitor per individual should be accommodated

Make sure that electric heaters are not placed close to furniture or covered by clothing, to reduce the risk of fire

The Health Protection Teams 12 Days of Christmas song is an aide memoir for your setting to ensure that there is minimal disruption to Christmas this year

# The Twelve Days of Christmas

for staff before returning to work after testing positive for COVID

On the first day of Christmas, Health Protection gave to me  
A plain and simple Christmas tree

not covered with glitter or fake snow

On the second day of Christmas, Health Protection gave to me  
Two negative LFDs!

On the third day of Christmas, Health Protection gave to me  
Three decorations impermeable to liquids

On the fourth day of Christmas, Health Protection gave to me  
Four easy clean table covers

On the fifth day of Christmas, Health Protection gave to me  
**Five moments of hand hygiene!**

to reduce the risk of infection spreading within the home

On the sixth day of Christmas, Health Protection gave to me  
Six decorations, hanging up high

to prevent residents and visitors from touching them

On the seventh day of Christmas, Health Protection gave to me  
Increased cleaning of high touch points

On the eighth day of Christmas, Health Protection gave to me  
Good respiratory hygiene

On the ninth day of Christmas, Health Protection gave to me  
Good ventilation in the home

On the tenth day of Christmas, Health Protection gave to me  
Ten Staff in appropriate uniforms

especially if you're singing Christmas Carols

On the eleventh day of Christmas, Health Protection gave to me  
Eleven warm residents

place 'catch it, kill it, bin it' information around the home

On the twelfth day of Christmas, Health Protection wished me  
A Merry Christmas and a Happy New Year!