

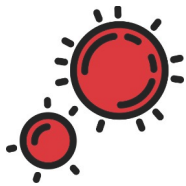
Welcome to Nottz Care's Winter Newsletter!

We have some important information and updates that we would like to share with you all!

In this newsletter:

Coronavirus testing
Coronavirus vaccine
Xmas Office Updates
Xmas and New Year
Winter Safety info

Coronavirus Testing



As the UK continues its Covid-19 response efforts we are starting to see the availability of more tools to keep everyone safe. One of those tools is testing social care staff for Covid-19 on a regular basis. Starting in December 2020 all Nottz Care staff will be tested weekly for the Coronavirus. Anyone testing positive will immediately go into self isolation until they are safe (and well) to return to work. This will greatly reduce the risk of care team members passing on the virus to our clients (especially as some people may be infected with coronavirus and not have any symptoms).

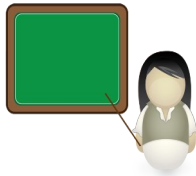
Coronavirus Vaccine



One extremely exciting development this month is the availability of a Covid-19 vaccine! In the coming months vaccination of vulnerable individuals, health care professionals and social care teams will roll out for those who wish to participate. Vaccines are an effective way of providing immunity to diseases such as Covid-19 and can save lives! All employees at Nottz Care will be encouraged to take part in Covid-19 vaccination to ensure they do their part to protect our clients, themselves and also friends and family.

Current local guidance (as of the 15/12/2020):

- Wear a mask or face covering on public transport and in shops (unless exempt due to medical reasons).
- Follow local coronavirus rules and guidance.
- Keep up to date with local news for updates on coronavirus rules.
- Regular handwashing remains a vital part of infection control.
- If you have Covid-19 symptoms **stay at home** and let us know.



Office Building



The office building will **close** on the 24/12/2020 and reopen on the 04/01/2021. However Nottz Care will continue to operate as usual as noted below:

- Office Mobile Phones (**07897 341 704** and **07801 164 216**) will be answered from 09:00 to 17:00 Monday to Friday, Weekends and also out of hours.
- Office landline (**0115 948 277**) will be redirected to the on call manager's phone (**07490 977 422**) which will be answered throughout that period (24/7).
- The care team are required to have collected enough PPE from the office to last them at least until 04/01/2021 **before** 12:00 noon on the 24/12/2020.
- Emails will be answered as usual.

Everyone at Nottz Care wishes you a Merry Christmas and a Happy New Year – 2021!

Stay safe!

Would you like have something included in the next letter?

Please get in touch:

admin@nottzcare.co.uk

Tell: 0115 9648 277





Public Health
England

Keep Warm Keep Well

Coping with cold weather and COVID-19

Keep Warm



Heat your home to at least
18°C



Ensure you have adequate food,
medication and warm clothes



Check if you are eligible for
help to keep your home warm

Keep Well



Stay as active as you can,
any exercise can bring
health benefits



Make sure you get your
flu vaccine



Follow COVID-19 guidance

Keep Connected Safely



Get help if you need it.
Speak to your GP, pharmacist,
carer or key worker for advice



Keep in touch with
friends, family and your
community



Look out for others.
Ask how they are keeping
warm during cold weather

Further Information



Simple Energy Advice provides
free advice on energy efficiency
and National grants to help with
energy bills: 0800 444202



Plan ahead.
Stay up to date
with the weather
forecast



If you're worried about
your health, visit the
NHS Website, call **NHS**
111 or in an emergency
call 999