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Date: APRIL 2021 No. 23

Coronavirus (COVID-19): Latest information and advice.



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Introduction – Recent changes

In England The roadmap out of lockdown has begun. From 29 March, the 'stay at home' rule ended - and up to 6 people or 2 households can meet outside. Shielding ended on 31 March.

ICL Boulby and Teesdock: Outline Road Map

Government Road Map - source https://www.gov.uk/government/publications/covid-19-response-spring-2021/covid-19-response-spring-2021-summary				Site Controls and Barriers
Step 1	Monday 8 th March	Education	Primary schools reopen	No change to our Site Barriers of Control
			Universities reopen	
		social	Outdoor recreation with 1 person from another household	
	Monday 29 th March	Social	Outdoor gatherings in gardens (6 people or 2 households)	No change to our Site Barriers of Control
		Business	Outdoor sports facilities can open	
		Travel	Continue to work from home to minimise journeys	
Step 2	Monday 12 th April	Business	Non-essential retail can reopen	<p>To be Risk Assessed and Consulted.</p> <ul style="list-style-type: none"> National and Region case trends will be confirmed. Minimum of a 2-week lag post the UK Government date will be applied to any agreed changes. <p>Contractor and visitors to site should continue to be risk assessed based on their requirement to come to site and ability to maintain Covid secure controls.</p> <p>The Gym in the dome could reopen</p>
		Business	Gyms, Hairdressers and nail salons can reopen	
		Social	Public buildings – libraries can reopen	
		Travel	Self-contained accommodation can reopen	
		Social	Outdoor hospitality venues. Hospitality can serve people outdoors for a substantial meal and drinks (table service)	
		Events	Funerals of 30 people	
Weddings and wakes of up to 15 people				

				Depending on outcomes of area risk assessments which should be reviewed the changes could take effect from 26 th April.
Step 3	Monday 17 th May	Social	<p>Most restrictions for meeting outdoors with others is lifted for groups less than 30 people. Gatherings over 30 people will still be illegal.</p> <p>Indoors the rule of 6 or 2 households will apply but this will be kept under review</p> <p>Social distancing between friends and family will be reviewed and updated no later than step 3. Until this time people should continue to keep their distance from anyone not in their household or support bubble.</p>	<p>To be Risk Assessed and Consulted.</p> <ul style="list-style-type: none"> National and Region case trends will be confirmed. Minimum of a 2-week lag post the UK Government date will be applied to any agreed changes. <p>Effective from 31st May</p> <p>Possible working from home could be lifted and social distancing and control measures lifted depending on outcome of review, however likely to continue till June. Government advice being monitored.</p>
		Business	<p>Cinema's, accommodation, indoor sports/exercises classes can resume</p> <p>Indoor hospitality will reopen, venues will not be required to serve a substantial meal and alcoholic drink, nor will there be a curfew. Customers will have to order, eat and drink while seated.</p> <p>Larger performance and sporting events indoors with a capacity of 1000 people or half full (whichever is lower), outdoor venues with a capacity of 4000 people or half full (whichever is lower)</p>	
		Events	<p>Up to 30 people will be able to attend weddings, receptions and wakes, as well as funerals. This limit will also apply to other types of significant life events including bar mitzvahs and christenings.</p>	
		Review of social distancing	<p>Finally, before Step 4 begins, the government will complete a review of social distancing and other long-term measures that have been put in place to cut transmission. This will inform decisions on the timing and circumstances under which the rules on 1 metre plus, the wearing of face coverings and other measures may be lifted. This will also inform guidance on working from home – which should continue wherever possible until this review is complete</p>	

Step 4	Monday 21 st June	Business, activities, and events	<p>We hope to reopen remaining premises, including nightclubs, and ease the restrictions on large events and performances that apply in Step 3. This will be subject to the results of a scientific Events Research Programme to test the outcome of certain pilot events through the spring and summer, where we will trial the use of testing and other techniques to cut the risk of infection. The same Events Research Programme will guide decisions on whether all limits can be removed on weddings and other life events.</p> <p>As we move through each of these phases in the roadmap, we must all remember that COVID-19 remains a part of our lives. We are going to have to keep living our lives differently to keep ourselves and others safe. We must carry on with 'hands, face, space'. Comply with the COVID-Secure measures that remain in place. Meet outdoors when we can and keep letting fresh air in. Get tested when needed. Get vaccinated when offered. If we all continue to play our part, we will be that bit closer to a future that is more familiar.</p>	<p>To be Risk Assessed and Consulted closer to the time as and when further details are available.</p> <p>Possible working from home could be lifted and social distancing and control measures lifted depending on outcome of government review</p>
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COVID-19: Restrictions in England

From 29 March

STEP 1

MEETING OTHERS  <p>You should not mix indoors except with your household or support bubble. You can meet outdoors, including in gardens, in groups of 6 people or 2 households.</p>	OVERNIGHT STAYS  <p>You should not stay overnight away from home. Limited exemptions apply e.g. to stay with your support bubble.</p>	EDUCATION  <p>Early years settings, schools and colleges are open for all students. Students on practical university courses can return. Students and staff will be regularly tested. Other Higher Education students should continue to learn remotely.</p>	WORK AND BUSINESS  <p>Everyone should work from home if they can.</p>
RETAIL  <p>Essential shops remain open. Non-essential retail must stay closed and can only run click-and-collect and delivery.</p>	BARs, PUBS AND RESTAURANTS  <p>Hospitality closed aside from takeaway, click-and-collect, drive-through or delivery. Alcohol cannot be purchased through takeaway or click-and-collect from hospitality venues.</p>	ACCOMMODATION  <p>Closed, with limited exemptions.</p>	PERSONAL CARE  <p>Closed.</p>
LEISURE AND SPORTING FACILITIES  <p>Outdoor sports facilities can open, like tennis or basketball courts and open air swimming pools. Parent and child groups can take place outdoors in public spaces.</p>	EXERCISE  <p>You may exercise outdoors in a group of 6 or with another household. Larger groups can also take part in formally organised outdoor sports.</p>	ENTERTAINMENT  <p>Closed.</p>	RESIDENTIAL CARE  <p>People who live in a care home in England will be allowed 1 named visitor.</p>
TRAVELLING  <p>You should minimise travel as much as possible. Avoid the busiest times and routes.</p>	HOLIDAYS  <p>You should not go on holiday in the UK or abroad. You could be fined £5,000 for travelling abroad without a reasonable excuse.</p>	PLACES OF WORSHIP  <p>Places of worship can remain open and communal worship is permitted, but you must not mix with anyone outside your household or support bubble.</p>	WEDDINGS AND FUNERALS  <p>Funerals of up to 30 people permitted. Weddings up to 6 people permitted. Wakes and other linked commemorative events of up to 6 permitted.</p>

Clinically extremely vulnerable people in England are no longer advised to shield from 1 April 2021, but are advised to continue taking extra precautions such as keeping social interactions low and shopping at quieter times of the day.

For more information and detailed guidance visit:
[gov.uk/coronavirus](https://www.gov.uk/coronavirus)

COVID-19
Let's take this next step, safely.



The above timescales for the government roadmap are dependent on data and the situation at the time, therefore there is scope that there could be changes to the dates.

Guidance on Vaccinations:

Arranging and attending to a vaccine appointment:

We have been asked about what guidance and support the Company will provide to employees who wish to be vaccinated against covid-19.

We have consulted the NHS and Public Health Redcar and Cleveland and understand that appointments can be made using the following link: <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

Eligibility for Vaccines (as of 31st March 2021)

The coronavirus (COVID-19) vaccine is safe and effective. It gives you the best protection against coronavirus.

Who can get the COVID-19 vaccine?

The NHS is currently offering the COVID-19 vaccine to people most at risk from coronavirus.

In England, the vaccine is being offered in some hospitals and pharmacies, at local centres run by GPs and at larger vaccination centres. More centres are opening all the time.

It's being given to:

- people aged 50 and over
- people at [high risk from coronavirus](#) (clinically extremely vulnerable)
- people who live or work in care homes
- health and social care workers
- people with a condition that puts them at higher risk (clinically vulnerable)
- people with a learning disability
- people who are a main carer for someone at high risk from coronavirus

The order in which people will be offered the vaccine is based on advice from the Joint Committee on Vaccination and Immunisation (JCVI).

[Read the latest JCVI advice on priority groups for the COVID-19 vaccination on GOV.UK](#)

If you are not eligible yet

Wait to be contacted. The NHS will let you know when it's your turn to have the vaccine. It's important not to contact the NHS for a vaccination before then.

How the COVID-19 vaccine is given

The COVID-19 vaccine is given as an injection into your upper arm.

It's given as 2 doses. You will have the 2nd dose 3 to 12 weeks after having the 1st dose.

You will have 2 doses of the same vaccine.

How to get the COVID-19 vaccine

You can book your vaccination appointments online if any of the following apply:

- you are aged 50 or over
- you are at [high risk from coronavirus](#) (clinically extremely vulnerable)
- you are an eligible frontline health or social care worker
- you have a condition that puts you at higher risk (clinically vulnerable)
- you have a learning disability
- you are a main carer for someone at high risk from coronavirus

You can book appointments at a larger vaccination centre or a pharmacy that provides COVID-19 vaccinations.

You do not need to wait to be contacted by the NHS.

Book your COVID-19 vaccination appointments via the link below

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

How safe is the COVID-19 vaccine?

The vaccines approved for use in the UK have met strict standards of safety, quality and effectiveness set out by the independent Medicines and Healthcare products Regulatory Agency (MHRA).

Any coronavirus vaccine that is approved must go through all the clinical trials and safety checks all other licensed medicines go through. The MHRA follows international standards of safety.

Other vaccines are being developed. They will only be available on the NHS once they have been thoroughly tested to make sure they are safe and effective.

So far, millions of people have been given a COVID-19 vaccine and reports of serious side effects, such as allergic reactions, have been very rare. No long-term complications have been reported.

To find out more about the vaccines approved in the UK, see:

- [GOV.UK: Pfizer/BioNTech vaccine for COVID-19 approved by MHRA](#)
- [GOV.UK: Oxford/AstraZeneca vaccine for COVID-19 approved by MHRA](#)
- [GOV.UK: Moderna vaccine for COVID-19 approved by MHRA](#)

How effective is the COVID-19 vaccine?

The 1st dose of the COVID-19 vaccine should give you good protection from coronavirus. But you need to have the 2 doses of the vaccine to give you longer lasting protection.

There is a chance you might still get or spread coronavirus even if you have the vaccine.

Continued requirements for barriers of control

This means it is important to:

- continue to follow [social distancing guidance](#)
- if you can, wear something that covers your nose and mouth in places where it's hard to stay away from other people



Information:

Read more about [why vaccines are safe and important](#), including how they work and what they contain.

COVID-19 vaccine side effects

Most side effects of the COVID-19 vaccine are mild and should not last longer than a week, such as:

- a sore arm where the needle went in
- feeling tired
- a headache
- feeling achy
- feeling or being sick

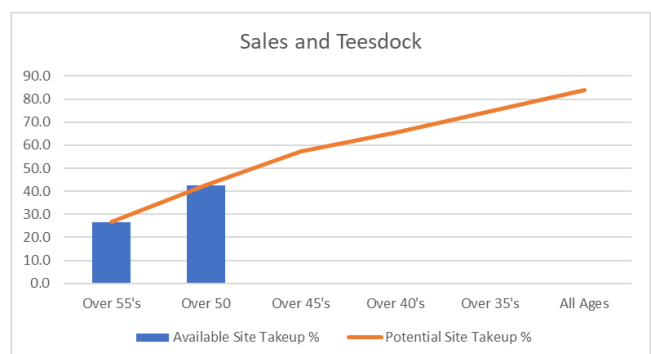
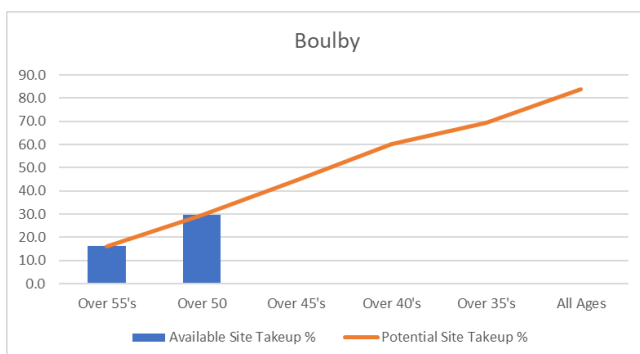
You can take painkillers, such as paracetamol, if you need to. If you have a high temperature you may have coronavirus or another infection. If your symptoms get worse or you are worried, call 111.

What is the possible uptake for the vaccine for ICL employees.

Estimated 1st vaccination rates across Boulby and Teesdock.

Using Government reports on the regional uptake of 82% on 1st vaccines and mapping this against our site demographics (age groups) the following graphs have been produced to indicate the potential percentage of persons vaccinated across our sites.

This does not include groups vaccinated bases on anything other than age, i.e. health risk etc



COVID-19 Symptoms and behaviours

It is critical that everybody observes the following key behaviours, if not the virus will become more prevalent in our environment. The prevalence of the virus is down to us ALL. We must comply with the barriers of control and reduce our tolerance to 'complacency'.

If anyone in your household tests positive, then you should self-isolate. This also applies to school children lateral flow tests.

NHS

If you have coronavirus symptoms:


- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

Get a test now. Do not leave home for at least 10 days

Coronavirus (COVID-19)

There are three simple actions we must all do to keep on protecting each other

- Wash hands**
keep washing your hands regularly
- Cover face**
wear a face covering in enclosed spaces
- Make space**
stay at least 2 metres apart - or 1 metre with a face covering or other precautions




ICL-Boulby and Teesdock have now fully adopted a 'Mask On' policy from Gatehouse-to-Gatehouse.

Exceptions are:

- Single occupancy offices or whilst sat at your desk
- Showers or whilst eating
- Outdoors when >2m apart

NB Surgical masks for general use and FFP2 or FFP3 for operational tasks



HANDS FACE SPACE

Face coverings are largely intended to protect others, not the wearer, against the spread of infection because they cover the nose and mouth, which are the main confirmed sources of transmission of virus that causes coronavirus infection (COVID-19).

Disposal of Masks

When wearing masks on site please ensure that you dispose of them correctly in the designated bins provided, don't leave them lying around for others to clean up and remember this is a source of contamination



ICL to provide testing kits for rapid home testing using lateral flow kits

In the next major push for the Government's workplace testing programme, all employers will now be able to offer their employees free, rapid and regular testing that can be taken at home

The Government is making rapid home testing available for all businesses with over 10 employees. The test kits are available from the Government for employers after 6th April 2021 and available until the end of June (latest information confirms). Employers are required to register before 12th April which we have done and are awaiting confirmation of our eligibility.

Providing we are successful employees and embedded contractors will be able to collect these from site and complete the lateral flow test (LFT) test at home before reporting their results to the NHS using the gov.uk address and information provided within the pack. No need to provide information back to site unless you test positive and then report this to your line manager as per the current process. If you test positive isolate for 10 days as per government advice.

The testing programme uses lateral flow tests to rapidly detect the Covid virus in 30 minutes. Swift detection of cases means those who test positive can isolate immediately and in doing so break the chain of transmission. It is encouraged that the tests are completed twice weekly and it is encouraged for you to collect your kits and carry out the test to keep yourself, family, friends and co-workers safe. The completion of this provides the site with an additional control barrier and provides a level of assurance to those attending site.

Further communications will be provided when we have confirmation of eligibility and the test kits have been delivered and they are ready for collection.

For those who may need to travel to the UK for business

If you're travelling to England, you must either quarantine in the place you're staying or in a managed quarantine hotel for 10 days because of coronavirus (COVID-19). What you need to do depends on where you travel in the 10 days before you arrive in England.

You must also get 2 coronavirus tests after you arrive in England. You'll need to book these before you travel.

[Find out how to book the tests you must get after you arrive in England and if you need to book a quarantine hotel.](#)

Further information and specific details as to what you need to do can be found via the following link.

<https://www.gov.uk/uk-border-control>

Counselling and Bullying

The coronavirus (COVID-19) outbreak is having an impact on everyone's daily lives. During this time, you may be bored, frustrated or lonely. You may also feel low, worried, anxious, or be concerned about your health or that of those close to you. These are all common reactions to the difficult situation we face.

It's important that you take care of your mind as well as your body. Most people will find strategies that work for them and the difficult feelings associated with the outbreak will pass. Below are some links for telephone and online advice and guidance services that you may find useful:

<https://www.nhs.uk/oneyou/every-mind-matters>

<https://www.mind.org.uk/need-urgent-help/what-can-i-do-to-help-myself-cope>

Call Samaritans free on 116 123 or visit the Samaritans website

Shout 85258 offers confidential 24/7 crisis text support for times when you need immediate assistance. Text "SHOUT" to 85258.

We also provide a confidential counselling service which is available to all ICL employees. Please contact the **Medical Dept. on ext. 3296 or 01287 646523** if you feel you may benefit from this service.

We are aware that some individuals, upon returning to work following a positive Coronavirus test and following the prescribed isolation period, have been subject to unfavourable treatment. This is clearly unacceptable, any employee who does test positive will only return to the workplace after following their prescribed isolation period after which they will no longer be infectious.

Whilst workplace banter is important, it is more important to know that there is a fine line and not to cross it. We will not tolerate bullying and harassment. Harassment and Discrimination – Stops here!

<https://www.youtube.com/watch?v=q47u5TRSBZQ&feature=youtu.be>