

COVID-19

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Cre8's Response to COVID-19

Dear Cre8 Family,

The health and wellbeing of our entire Cre8 family is incredibly important to us. Here at Cre8 we are taking the following steps to ensure we can continue to deliver our projects in a safe environment following the recent outbreak of COVID-19 (Coronavirus).

We are continuing to operate all of our projects until further notice. As an important precaution in delaying the spread of the virus, we are operating with enhanced health & hygiene measures in place. These include:

- **Frequent hand washing**
- **Cleaning and sanitising of our food prep areas**
- **Cleaning and sanitising of the instruments used at the Music Project**

Our activities will no longer include young people in group cooking. Our kitchens, when used, will be cleaned thoroughly before and after use. We will be vigilant and are prepared to stop kitchen activities if government advice changes.

We are asking all of our staff, volunteers, and community to follow NHS advice (<https://www.nhs.uk/conditions/coronavirus-covid-19/>) by **avoiding our activities and events if they feel unwell**. We will be keeping an eye on our team to ensure they are fit and well to deliver our activities.

We encourage people to look out for those most vulnerable in the community such as the elderly, those with heart and lung conditions, and people with diabetes.

We will adhere to the latest government advice, which is as follows:

Preventing the spread

- **[Catch it, Bin it, Kill it](#)**. – Catch sneezes and coughs in a tissue, dispose of the tissue in a bin immediately, and wash your hands.
- Wash your hands for **at least 20 seconds** with [soap and water](#) or using [hand sanitiser](#) if soap is not available.
- Always wash your hands when you get home or into work.
- Avoid shaking hands - use alternative greetings e.g. waving and bowing.
- Try to avoid touching your face.
- The virus can survive on surfaces for **72 hours or longer** - disinfect surfaces regularly.

Self-Isolating

- Stay at home for 7 days if you have either:
 - A high temperature – you feel hot to touch on your chest or back
 - A new, continuous cough – this means you've started coughing repeatedly

- **Do not** go to a GP surgery, pharmacy or hospital.
- You **do not** need to contact 111 to tell them you're staying at home.

Only use the NHS 111 online coronavirus service if:

- You feel you cannot cope with your symptoms at home
- Your condition gets worse
- Your symptoms do not get better after 7 days

NHS 111 Online Coronavirus Service: <https://111.nhs.uk/covid-19>

For further guidance please use the following links which we have found to be helpful in understanding how best to protect our community during this difficult time.

- <https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/guidance-for-employers-and-businesses-on-covid-19>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Let's stay positive but vigilant and look after each other and our community. Cre8 wants to be here to support everyone as much as possible. If you are struggling or feel you need assistance, please feel free to contact us and we will see if we are able to help you.

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