



# ICON College of Technology and Management

## CORONAVIRUS AND GENERAL HEALTH WELFARE UPDATE: 8<sup>th</sup> March 2022

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The Department of Education (DfE) and the local Public Health officials of the Borough of Tower Hamlets have provided this guidance and the College endorses these measures.

### COVID-19:

THE VIRUS HAS NOT GONE AWAY! Despite the lifting of restrictions by central government we now have to be guided by general central government recommendations and much greater authority now rests with the local authority public health departments. The Borough of Tower Hamlets Health Authority notes that although virus rates are generally going down they remain high within the borough and too few people are coming forward for vaccination, especially the 'booster' jab. The advice is: **get vaccinated; remain alert** (be aware that you can still catch Covid-19 and pass it on even if you are vaccinated. Around one in three people with the virus have no symptoms so that's why it is important to carry on with measures such as wearing a face covering in enclosed and small spaces, wash your hands regularly and keep a two metre distance from one another when in contained/small spaces such as the College library, canteen and in certain classrooms and in corridors. Do not congregate in small or large groups without maintaining social distancing measures); **ensure good ventilation; wear a face covering** (continue to wear a mask unless exempted in enclosed public spaces and on public transport to avoid breathing the virus on to others) and **take care when you're ill** (If you feel unwell, make sure you recognise Covid-19 symptoms which include a new continuous cough, high temperature and change of smell or taste. If you have any of these, it's good to stay at home and take a lateral flow test and avoid contact with others. If you have Covid-19 then stay at home for five days and on day five take a lateral flow test and again on day six to ascertain if you are over the virus. If you have Covid-self-isolate! ([www.gov.uk/coronavirus](http://www.gov.uk/coronavirus))).

### NOROVIRUS WARNING!!

The norovirus is not new and not linked to Covid. It is a very debilitating infection that is highly contagious and prevalent year round but exceptionally so in the Winter/Early Spring months. The UK Health Security Agency has indicated that this virus is on the increase at present with people mixing more. Symptoms are flu-like but accompanied by nausea and uncontrollable sessions of diarrhoea. It is usually caught through touching items such as door handles, tables and from places where numerous people are regularly handling items. ALCOHOL GEL CANNOT KILL NOROVIRUS. It is important to wash your hands with soap and warm water for at least thirty seconds and on a regular basis. Items, such as door handles, etc, should be regularly washed down with soap and hot water, preferably containing some bleach where suitable for the surface.

WASH YOUR HANDS REGULARLY WITH SOAP AND WARM/HOT WATER.

NOROVIRUS CAN MAKE YOU VERY ILL FOR ABOUT 72 HOURS.

IT IS HIGHLY CONTAGIOUS SO IF YOU GET IT, STAY AT HOME AND HAVE NOTHING TO DO WITH ANYONE ELSE AS THEY WILL LIKELY CONTRACT IT FROM YOU!!

Alan M Jones

Vice-Principal (External Affairs) and College Chair of the Covid19 Action and Advisory Group.