

HAPPY



Opening Hours
Monday to Friday 8am to 5pm
Saturday 8am-4pm
Sunday 8am-4pm
Bank Holidays 10am to 4pm



NEW YEAR

NEWSLETTER

January 2022

Fancy earning an extra £30? Refer a friend to Careline and once they have complete their first shift, we will pay £30 directly into your bank account on pay day! Please call the office if you would like some more information.

Remember to keep checking the Government website for COVID-19 updates <https://www.gov.uk/coronavirus>

Have you read the Careline COVID-19 Policy yet??

If not please make sure that you do - it's sent out with Newsletters and provides all that you need to know about Careline's response to the pandemic and what your responsibilities are!

POSITIVE COVID-19 INFECTION ISOLATION REGULATIONS

Please always check the information regarding the virus and restrictions by visiting <https://www.gov.uk/coronavirus> or <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/> in case the rules have changed!!

When to self-isolate

Self-isolate straight away and get a PCR test (a test that is sent to the lab) as soon as possible if you have any of these 3 symptoms of COVID-19, even if they are mild:

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

You should also self-isolate straight away if:

- you've tested positive for COVID-19 – this means you have the virus
- someone you live with has symptoms or tested positive (unless you are not required to self-isolate – check below if this applies to you)
- you've been told to self-isolate following contact with someone who tested positive – [find out what to do if you're told to self-isolate by NHS Test and Trace or the NHS COVID-19 app](#)

The self-isolation advice for people with coronavirus (COVID-19) has changed. It is now possible to end self-isolation after 7 days, following 2 negative LFD tests taken 24 hours apart. The first LFD test should not be taken before the sixth day.

When you do not need to self-isolate

If you do not have symptoms of COVID-19 and live in the same household as someone with COVID-19, you are legally required to self-isolate unless you meet any of the following conditions:

- you're fully vaccinated – this means 14 days have passed since your final dose of an approved COVID-19 vaccine
- you're under 18 years and 6 months old
- you're taking part or have taken part in an approved COVID-19 vaccine trial
- you're not able to get vaccinated for medical reasons

Even if you do not have symptoms, you're strongly advised to:

- do daily rapid lateral flow tests (1 a day for 7 days), if you're fully vaccinated, to protect yourself and others from COVID-19
- follow advice on [how to avoid catching and spreading COVID-19](#)
- consider limiting contact with [people who are at higher risk from COVID-19](#)

**Please ensure that you are taking all precautions and abiding by the above guidelines.
If you have any questions or queries please do give us a call at the office.**

COVID-19 Vaccinations

The UK government are currently encouraging all front line health and social care workers to get vaccinated and get their booster vaccination as soon as they can. In light of this we are continuing to gather information regarding the vaccination and booster vaccination status of staff.

Please ensure that you notify the Careline office when you have received each dose of the vaccine, the booster vaccine and the 'flu jab.

Whilst we understand that not all of our staff work in the health and social care sector, we have taken the decision to approach all staff to gather this information in case any further legislative changes take place within the Health & Social or Childcare sectors in the future.

Thank you to all staff that have replied so far. If you haven't updated the office you will shortly be receiving a call so that we can obtain this information from you.

**Staff of the month
Seki Adetunji**



NEED A NEW POLO SHIRT?? GIVE US A CALL AT THE OFFICE!

WELCOME TO LAUREN!



I'm Lauren,

I have recently joined Careline as a recruitment and training officer based in the Reading Office.

Some of you have already spoken to me, as I have been chasing training!

A little bit about me – I am 23 and I have two Labradors, Fred and a puppy Teal, who I love taking for long walks outside which always keep my wellies muddy!

I look forward to working with you all in 2022.

Keeping Us Informed

Please remember it is really important that you keep us up to date with any changes to your health or any change to your contact details so that we can make sure you're records are updated and all risk assessments carried out where needed!