

# COVID CONVERSATIONS



Monthly Dialogue - July 2020



## CONTACT TRACING

Contact Tracing is an essential part of WG Test, Trace, Protect strategy. Contact Tracing has been established across Wales, and will need to be maintained at a significant level, potentially for the next year or until a vaccine is found.

<https://gov.wales/test-trace-protect-coronavirus>

Multilingual information...

<https://gov.wales/test-trace-protect-process-summary>

## SOCIAL DISTANCING

Avoid sharing a car with another person you do not live with if possible. If you do share a car, please stay as far apart as possible within the car and keep windows open. Follow this link on WG guidance for travelling safely.

<https://gov.wales/travelling-safely-coronavirus-guidance-public>



## ANTIBODY TESTING

COVID-19 antibody tests are used to find out if a person has previously had the virus. The test works by taking a blood sample & testing for antibodies. Antibodies are produced in response to an infection and usually found in the blood after around 2 weeks following infection.

<https://gov.wales/antibody-testing-coronavirus-covid-19>



# DOCTORS OF THE WORLD

Link to Covid information in different languages from the Doctors of the World site:-

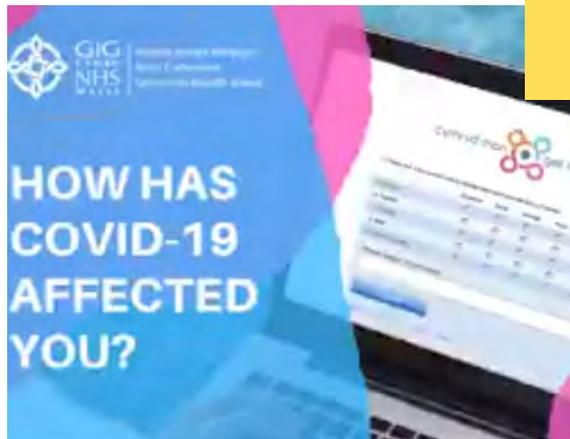
<https://www.doctorsoftheworld.org.uk/coronavirus-information/>

The complete list:

Afrikaans, Albanian, Amharic, Arabic, Armenian, Bengali, Bulgarian, Burmese, Czech, Dari, Dutch, English, Estonian, Farsi, Filipino, Finnish, French, German, Greek, Gujarati, Hausa, Hindi, Hungarian, Igbo, Indonesian, Italian, Kiswahili, Korean, Krio, Kurdish Sorani, Latvian, Lithuanian, Malayalam, Nepali, Oromo, Pahari, Pashto, Pidgin, Polish, Portuguese, Punjabi, Romanian, Romany, Russian, Simplified Chinese, Sindhi, Slovak, Somali, Spanish, Tamil, Tetum, Tigrinya, Traditional Chinese, Turkish, Twi, Urdu, Vietnamese, Wolof, Yiddish, Yoruba.

Videos of COVID-19 information for migrants in the UK are being released here:

<https://www.doctorsoftheworld.org.uk/key-covid-19-information-for-migrants/>



## PUBLIC SURVEY

As part of our 'Covid Conversations' and continuous engagement with our communities across North Wales, we have devised this survey to help us understand the impact of changes to healthcare.

Survey will be open until 19 July 2020.

<https://www.smartsurvey.co.uk/s/GS6HY6/>

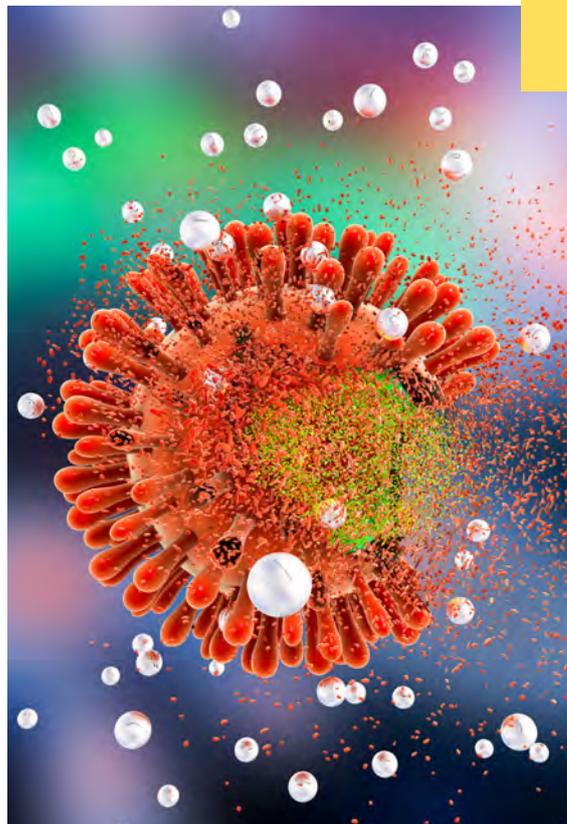
## MENTAL HEALTH

We want new and expectant dads to know that maternity and health visiting services are there for both parents, and that if they have seen a change in their mental health, or they are experiencing difficulties bonding with their baby, they should talk to their partner, health visitor or GP so they can be signposted to further support.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/postnatal-depression-and-perinatal-mental-health/partners/>



# BAME



Extreme concerns have been raised as evidence suggesting that people from Black, Asian and Minority Ethnic (BAME) backgrounds are being disproportionately affected by Covid-19. In order to decide what actions to take to reduce the risks for BAME communities, the First Minister requested the establishment of an expert Advisory Group chaired by Judge Ray Singh and Dr Heather Payne to investigate the issues.

<https://gov.wales/black-asian-and-minority-ethnic-bame-covid-19-socioeconomic-subgroup-report>

Wales TUC are also reaching out to BAME communities to share their experiences during COVID-19, particularly in relation to inequality in employment. Link to survey below...

<https://www.tuc.org.uk/bme-workers-wales-and-covid-19>

## SAFEGUARDING HEALTH & SOCIAL CARE WORKFORCE

Welsh Government have produced new animated guides for the COVID-19 Risk Assessment Tool designed to safeguard the health and social care workforce in Wales.

<https://www.youtube.com/watch?v=3N6-ByPH840&feature=youtu.be>



## LET'S GET MOVING

Let's Get Moving North Wales (LGMNW) is a collaborative of different organisations who have come together to support and encourage people in North Wales to move more, sit less and improve their health and well being.

Why is moving more important?

Being active is good for us. In addition to helping us maintain a healthy weight, being active can help our mental well-being, help us sleep, and help to keep us healthy in later life; preventing falls, reducing the risk of cancers and a number of chronic conditions.

The activities and ideas promoted are all free and are easy to access; they include mindfulness messages, linked to the 5 Ways to Wellbeing, to encourage people to take notice of their outside space and connect with others.

<http://www.healthyworkingwales.wales.nhs.uk/news/52607>

# KEEPING WELL

There are a number of things to help everyone keep well during this time. Taking care of yourself both physically and mentally will not only help you feel better and more positive, but also give you the best chance of recovering well from COVID-19 should you get it.

For practical source of support and information please see link below:

<https://bcuhb.nhs.wales/health-advice/covid-19-patient-advice/keeping-well-during-covid-19/>



# THANK YOU VOLUNTEERS

The beginning of June marked an annual celebration for the contribution millions of people make across the country through volunteering. BCUHB launched an appeal for volunteers to support its response to the Covid-19 pandemic. Over 1,800 people signed up with a large number of them already deployed into roles across the Health Board.

<https://bcuhb.nhs.wales/news/health-board-news/thank-you-to-our-volunteers/>

# EBUG RESOURCES

Introducing children to the world of microorganism circulated locally via healthy school leads and by Public Health Wales to all primary schools in Wales.

Looking at harmful microbes and infection prevention. Reinforcing hand washing message and focus on skin health - timely teaching as our schools plan to re-open.

<https://bcuhb.nhs.wales/news/health-board-news/antimicrobial-pharmacist-develops-online-learning-resource-to-help-home-schooling-parents-teach-children-about-infection-prevention-and-antibiotics/>



Contact the Engagement Team... <https://bcuhb.nhs.wales/get-involved/>