

iMessage  
17/03/2020 08:01:46

Morning Michael, the import of yesterday's announcement is slowly sinking in. We will be doing all we can today to plan ahead and I'll be asking colleagues to keep in touch by email.

I thought it best to allow people a day off and we are going to need to get into the habit of doing business without meetings anyway.

One immediate task is to advise staff who should stay at home from tomorrow. I'm assuming we apply the "if you're offered a flu jab" test but I'd be grateful if you could send an email which we could use today to advise staff so that, as far as possible, no-one at risk arrives at work tomorrow if the advice is that they should stay at home. Happy to discuss, David

David, deeply frustrating that some including some of our politicians really just haven't been getting this. In work with the team - all taking appropriate precautions. As ever the guidance to the population/employees will be same as that to NICS. Decision made yesterday for the right reasons means we are yet again working from behind to develop the detail of the guidance. Will signpost Jill's team via TEO to source advice & documents to draft same and happy to QA. What arrangements/options have been disseminated or put in place by Departments for remote working/meetings etc. I think the converse is more likely and many may stay at home than need to on specific health grounds rather than the "working from home" were possible which is largely a logistical issue for the HSC. Just for example can the Executive or PSS/NICSB meet virtual effectively? These are the practical aspect that the respective CS teams need to be working on today and tomorrow. Perhaps in hand building on C3 preparation.  
Michael

Thanks Michael. I'll reflect this in an email to the team in the next hour.

The Executive meeting yesterday evening was excruciating. No leadership on display at all. But we'll get through this as we always do. D

David confident we will. We always do. M

17/03/2020 20:22:01

Michael, just want to check away from the throng but are you saying that you're going to need a couple of days to work through the implications of the COBR decisions before we can finalise the draft note to staff? If that's then case we'll need to manage the expectations that something is going to issue quickly tomorrow. Happy to discuss if that's helpful. David

David this is undoubtedly the case. Not as it should be but the reality.  
Michael

OK, I'll close down the discussion tonight and advise that we'll discuss at the 8.30 meeting.

Are you planning to go to that? David

Unfortunately I have a dairy conflict at 8.30 which I must attend. Michael

Understood, I'm assuming Richard will be there. Thanks, David

20/03/2020 17:08:11

Yes, CMO call earlier, in COBR(M) with FMdFM and Minister were this was agreed. AG to AG conversation re retrospective application of powers in UK Bill. You might wish to give Hugh heads up. M

Good thanks, UK-wide application removes the risk of awkwardness here.

FM flagged. AG not "a fan" of retrospective application of a legislative powers. So let's hope runs smoothly.

Don't know what they don't just use Hugh.

I did suggest Huge

Sorry Hugh

No, he is huge, immense!

And that. Should I ring Hugh and try and insert him.

I'm looking for him thanks.

23/03/2020 19:44:01

Michael, a friend sent me the following. I'm not thinking of doing anything with it, but is it kosher?

David

At The Princess of Wales hospital. NHS staff have been sent this:

This is the advice given to hospital staff.  
It explains the virus and hopefully, how to prevent getting it.  
Please share with family, friends and work colleagues.

Virus Detection:

The simplest way to distinguish Coronavirus from a Common Cold is that the COVID-19 infection does not cause a cold nose or cough with cold, but it does create a dry and rough cough.

The virus is typically first installed in the throat causing inflammation and a feeling of dryness. This symptom can last between 3 and 4 days.

The virus typically then travels through the moisture present in the airways, goes down to the trachea and installs in the lungs, causing pneumonia that lasts about 5 or 6 days.

Pneumonia manifests with a high fever and difficulty breathing. The Common Cold is not accompanied, but there may be a choking sensation. In this case, the doctor should be called immediately.

Experts suggest doing this simple verification every morning: Breathe in deeply and hold your breath for 10 seconds. If this can be done without coughing, without difficulty, this shows that there is no fibrosis in the lungs, indicating the absence of infection. It is recommended to do this control every morning to help detect infection.

Prevention:

The virus hates heat and dies if it is exposed to temperatures greater than 80°F (27°C). Therefore hot drinks such as infusions, broths or simply hot

water should be consumed abundantly during the day. These hot liquids kill the virus and are easy to ingest.  
Avoid drinking ice water or drinks with ice cubes.

Ensure that your mouth and throat are always wet, never DRY. You should drink a sip of water at least every 15 minutes. WHY? Even when the virus enters water or other liquids through the mouth, it will get flushed through the oesophagus directly into the stomach where gastric acids destroy the virus. If there is not enough water, the virus can pass into the trachea and from there to the lungs, where it is very dangerous.

For those who can, sunbathe. The Sun's UV rays kill the virus and the vitamin D is good for you.

The Coronavirus has a large size (diameter of 400-500 nanometers) so face masks can stop it, no special face masks are needed in daily life.

If an infected person sneezes nearby, stay 10 feet (3.3 meters) away to allow the virus fall to the ground and prevent it from falling on you.

When the virus is on hard surfaces, it survives about 12 hours, therefore when hard surfaces such as doors, appliances, railings, etc. are touched, hands should be washed thoroughly and/or disinfected with alcoholic gel. The virus can live nested in clothes and tissues between 6 and 12 hours. Common detergents can kill it. Things that cannot be washed should be exposed to the Sun and the virus will die.

The transmission of the virus usually occurs by direct infection, touching fabrics, tissues or materials on which the virus is present.

Washing your hands is essential.

The virus survives on our hands for only about 10 minutes. In that time many things can happen, rubbing the eyes, touching the nose or lips. This allows the virus to enter your throat. Therefore, for your good and the good of all, wash your hands very often and disinfect them.

You can gargle with disinfectant solutions (i.e. Listerine or Hydrogen Peroxide) that eliminate or minimize the amount of virus that can enter the throat. Doing so removes the virus before it goes down to the trachea and then to the lungs.

Disinfect things touched often: mobile phone, keyboard, mouse, car steering wheel, door handles, etc ....

Sent in to us just now and we wanted to share this knowledge & advice with you all.

Please do the same and take care!

Text message  
24/03/2020 11:25:29

David, Richard, I understand the Executive lost the run of themselves this at 10 am this morning & it turned into a cross examination. They are now frankly getting in the way of an coordinated effective respond and making demands on my time and our the team in health that we simply can't facilitate. They are asking for certainty where there is none.

iMessage  
24/03/2020 11:26:50

Yep, a pile on but Lourda did very well. I'll speak when we're finished.

Read 24/03/2020