



Carricks Brook, a care and support provider in East Sussex told us about how they had been helping the people they support with Desensitisation.

PPE is wearing things like a face covering (or mask), an apron and gloves to help stop coronavirus spreading from one person to another. Pictures of staff without face coverings and other PPE were taken to show the people supported.

Then pictures of the same staff wearing a face covering and full PPE were taken to show that they were the same people..

A poster was made to explain that staff were the same person with or without their face covering.

Support staff always lift their masks and say hello to the person supported so they are sure who are

## NSIT Examples and

### Things that might help

People may have a fever or a high temperature if the signs of the virus is having a temperature higher than usual.

An ok temperature is about 37.5. A high temperature would be over 38.

A person supported by being scared about having their temperature taken. They were shown

how to use the thermometer and what we wanted to do

After this, the person's temperature was taken from a distance far away to show how it would be done

Then slowly building up the contact until after 3 weeks, the person was able to manage having their temperature taken.



Covid-19 (Coronavirus) testing is used to find out if you have caught the virus.

A swab, which is like a big cotton bud, is put into your mouth and moved around the back of your throat. It is also put into your nose and moved around.

This testing has also been very difficult for some people to get used to.



Staff have tried different ways of supporting people to feel more comfortable and able to have their test.



A person was supported over some weeks to get used to using the swab.

They had control of the swab and with support, time and reassurance they were supported to do the test themselves.

