



Infection Prevention Team Newsletter March 2024

Measles

Concern continues over the increasing number of measles cases in the UK, affecting the unvaccinated population. It's never too late to get protected. If you're unsure whether you've had your MMR (or previous measles vaccines) please contact your GP surgery **now** to check and arrange a vaccination appointment if you are unprotected.

Also please note that unvaccinated contacts of a person diagnosed with measles need to isolate for 21 days so this can have a huge impact on business continuity as well as family life.

Here is a link to the NHS Measles information <https://www.nhs.uk/conditions/measles/>

Nutrition & Hydration Week 11-17 March

This month make time to review your policies and procedures in relation to supporting resident's nutrition and hydration. Both these play a huge part in the overall health and wellbeing of your residents including alertness, skin integrity and wound healing, urinary tract health, risk of falling and ability to fight infection.

Here are links to the BDA (Association of UK Dieticians) resources:

N&H Week: <https://nutritionandhydrationweek.co.uk/>

BDA resources: <https://www.bda.uk.com/practice-and-education/nutrition-and-dietetic-practice/the-nutrition-and-hydration-digest/the-significance-of-nutrition-and-hydration.html>

Live Longer Better

We've all heard the expression 'move it or lose it', but did you know that a lack of activity and movement can lead to more than half of older adults in residential care losing their ability to independently perform at least one activity of daily living within the first 2 years of living in that setting? Active Cumbria are leading a programme to help more older adults to be more active, more often and they'd love you to be part of their revolution to change the way we think about getting older. It is never too late to get fitter, reduce risks of illness and disease (including falls, frailty and dementia) and find a sense of purpose. Find inspiration for safe and effective ways to get your clients more active using this link [Home Exercise for Older Adults - Active Cumbria](#)

Adverse Weather Alerts

The Health Protection Team will no longer be able to forward these alerts to Care Providers. You can sign your service up to receive these alerts directly using the following link to the Met office:

<https://service.govdelivery.com/accounts/UKMETOFFICE/subscriber/new>

Please do continue to report incidents and outbreaks to the IPC team where we can offer outbreak support. Report via email to IPC@westmorlandandfurness.gov.uk