|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |
| --- |
| care quality commission |

 |

|  |
| --- |
| The independent regulator of health and social care in England |

 |

 |
|

|  |
| --- |
| **COVID-19 Update** **14 May 2020** A weekly update for providers and professionals working in primary medical and dental services, sharing the latest guidance on COVID-19 and CQC's approach during this period.   |

 |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| **RosieDr Rosie Benneyworth’s Blog** [In this blog I talk about our approach to regulation during the Coronavirus pandemic and using our Emergency Support Framework in General Practice.](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL21lZGl1bS5jb20vQENhcmVRdWFsaXR5Q29tbS9kci1yb3NpZS1iZW5uZXl3b3J0aHMtYmxvZy1mNTExOWJhMTkwZmEifQ.7By4QoiiACphvzciNT-BwENVYpJBBqnso8754cYtQtE/br/78674454969-l)I hope you find it useful and than you for all the work you are doing. |

 |

 |
|

|  |  |
| --- | --- |
| **Updated DBS guidance**We have [updated our interim DBS guidance](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5jcWMub3JnLnVrL2d1aWRhbmNlLXByb3ZpZGVycy9hbGwtc2VydmljZXMvY292aWQtMTktaW50ZXJpbS1ndWlkYW5jZS1kYnMtb3RoZXItcmVjcnVpdG1lbnQtY2hlY2tzIn0.2YOhMc4-Lo2nYlPP_JDBfN9yreRAzHR112NyUmOqm6g/br/78674454969-l) to reflect the most current information on the [DBS website](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ292ZXJubWVudC9wdWJsaWNhdGlvbnMvY292aWQtMTktZnJlZS1vZi1jaGFyZ2UtZGJzLWFwcGxpY2F0aW9ucy1hbmQtZmFzdC10cmFjay1iYXJyZWQtbGlzdC1jaGVjay1zZXJ2aWNlIn0.oHKrrwUthw7JiKiFaFn0lRcRsS7zCcbXAJbqKS1Sokc/br/78674454969-l) regarding free of charge DBS applications and fast-track Barred List Checks for COVID-19 recruitment. You can [visit our website for the latest information](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5jcWMub3JnLnVrL2d1aWRhbmNlLXByb3ZpZGVycy9hbGwtc2VydmljZXMvY29yb25hdmlydXMtY292aWQtMTktcGFuZGVtaWMtaW5mb3JtYXRpb24tcHJvdmlkZXJzIn0.T8yneZBu4u4EPYiABusLVdcmvQcvbxBx0eoiUljQ8Nk/br/78674454969-l) on any changes to the way we work during the COVID-19 outbreak. **Updated Mythbuster on mandatory training**We've [updated our Mythbuster](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5jcWMub3JnLnVrL2d1aWRhbmNlLXByb3ZpZGVycy9ncHMvbmlnZWxzLXN1cmdlcnktNzAtbWFuZGF0b3J5LXRyYWluaW5nLWNvbnNpZGVyYXRpb25zLWdlbmVyYWwtcHJhY3RpY2UifQ.19yvLSerd0pk37c3qtG-xYjsV0WUb2x3ZEFhv3zdso0/br/78674454969-l) that sets out our position on mandatory training requirements for GP practices.**How to check the identity of a CQC inspector**If you are contacted by someone claiming to be a CQC inspector who tries gain access to services or information please:* consider whether they are asking you for information we should already have (such as the name of your registered manager).
* bear in mind that we won't ask you for staff details such as names and qualifications over the phone.

[Visit our website for further information.](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5jcWMub3JnLnVrL2d1aWRhbmNlLXByb3ZpZGVycy9ob3ctd2UtaW5zcGVjdC1yZWd1bGF0ZS9ob3ctY2hlY2staWRlbnRpdHktY3FjLWluc3BlY3RvciJ9.H4sYnVkEG6mjbnIAyPEowTHFRKqibBzSNk3w9pbV9uE/br/78674454969-l)**Understanding the impact of COVID-19 on people with a learning disability or autism**The information that care homes submit to CQC about the deaths of people in their care is published on a weekly basis as part of the Office for National Statistics’s (ONS) reporting on deaths. We are now doing further work on this data so that we can better understand the impact of COVID-19 on specific groups of people, including those with a learning disability and/or autism.This work includes analysing all available data on confirmed and suspected COVID-19 deaths (as published by ONS) and mapping this against records which indicate whether someone had a learning disability and/or autism. This will also form part of our reporting moving forwards. This work is a priority for us and will be published as soon as possible.[Visit our website for more information](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5jcWMub3JnLnVrL25ld3Mvc3Rvcmllcy91bmRlcnN0YW5kaW5nLWltcGFjdC1jb3ZpZC0xOS1wZW9wbGUtbGVhcm5pbmctZGlzYWJpbGl0eS1vci1hdXRpc20ifQ.0DiulGEELt7p6p-Lc68I-VlpLmv7Ww21xu0Osa828GM/br/78674454969-l).**Give feedback on care**It is more vital than ever that we hear people’s experiences of care during the COVID-19 emergency, and we have seen a significant drop in people using our [*Give feedback on care*](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDcsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5jcWMub3JnLnVrL2dldC1pbnZvbHZlZC9zaGFyZS15b3VyLWV4cGVyaWVuY2UvZ2l2ZS1mZWVkYmFjay1jYXJlLWR1cmluZy1jb3JvbmF2aXJ1cy1jb3ZpZC0xOS1lbWVyZ2VuY3kifQ.NUoyFyCapuqeaKo5jz5UliCmeDlyw4e8CrdWF9uzooE/br/78674454969-l) service. From June, we’ll be launching a public campaign as part of our Emergency Support Framework to encourage people to feedback on care, working with Healthwatch, Experts by Experience, people who use services and voluntary and community organisations. We want to encourage people who use services and those working in health and care to report poor care to give us their insight into what people are actually experiencing during this time. We want to hear about good care too so we can celebrate it and share good practice.In mid-May we will be testing some small-scale digital advertising to encourage people to feed back.Ahead of the campaign starting, [please encourage people working in and using your care to share their feedback](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDgsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5jcWMub3JnLnVrL2dldC1pbnZvbHZlZC9zaGFyZS15b3VyLWV4cGVyaWVuY2UvZ2l2ZS1mZWVkYmFjay1jYXJlLWR1cmluZy1jb3JvbmF2aXJ1cy1jb3ZpZC0xOS1lbWVyZ2VuY3kifQ.0YyeiEOm-CNxE0_twHKnxtFoanSbJjt4yXNsnBXhRg0/br/78674454969-l). We want to hear about all types of experience – whether they’re to do with coronavirus or not.  ***All CQC offices are closed - please do not send post*****Guidance for primary care and dental services professionals*** **NEW:**[Guidance clarifying existing practice for verifying deaths outside of hospitals and providing a framework for safe verification of death](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDksInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ292ZXJubWVudC9wdWJsaWNhdGlvbnMvY29yb25hdmlydXMtY292aWQtMTktdmVyaWZpY2F0aW9uLW9mLWRlYXRoLWluLXRpbWVzLW9mLWVtZXJnZW5jeSJ9.V-sgvKqM899eJ2BGAaj1Y33PffoLVoX7d-uITREi7bM/br/78674454969-l)
* **NEW:** [Free mindfulness resources for health and care staff](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy50aGVtaW5kZnVsbmVzc2luaXRpYXRpdmUub3JnL2NvdmlkLTE5LW1pbmRmdWxuZXNzLXJlc291cmNlcy1mb3ItaGVhbHRoLWFuZC1jYXJlLXN0YWZmIn0.1YKgBdcarJyb0ccbgIzGF7QMleCaFJin2i11bHXmvac/br/78674454969-l)
* [Joint statement on CQC's regulatory approach during the coronavirus pandemic](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL2dicjAxLnNhZmVsaW5rcy5wcm90ZWN0aW9uLm91dGxvb2suY29tLz91cmw9aHR0cHMlM0ElMkYlMkZ3d3cuY3FjLm9yZy51ayUyRm5ld3MlMkZzdG9yaWVzJTJGam9pbnQtc3RhdGVtZW50LW91ci1yZWd1bGF0b3J5LWFwcHJvYWNoLWR1cmluZy1jb3JvbmF2aXJ1cy1wYW5kZW1pYyZkYXRhPTAyJTdDMDElN0NTYXJhaC5Db3dsZXktQmVhZG1hbiU0MGNxYy5vcmcudWslN0NlZTUxNGMyZTExMGI0MzdhM2JiYTA4ZDdmMWNmYTdjNSU3Q2E1NWRjYWI4Y2U2NjQ1ZWFhYjNmNjViYzJiMDdiNWQzJTdDMSU3QzAlN0M2MzcyNDM3NDY0OTE5OTQxOTcmc2RhdGE9UjJvbSUyRlM3cVBjSnFKbmRDOXdYRFZwVE05WVdTWEZldUVBSFI0R01OT1NrJTNEJnJlc2VydmVkPTAifQ.qZzga84YGFT7JUvdYcQ5bdFN9IsGp4mQgl34iR4uORQ/br/78674454969-l)
* [CQC guidance for providers delivering antibody tests or blood tests](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5jcWMub3JnLnVrL2d1aWRhbmNlLXByb3ZpZGVycy9pbmRlcGVuZGVudC1oZWFsdGhjYXJlL3JlZ3VsYXRpbmctY29yb25hdmlydXMtY292aWQtMTktYW50aWJvZHktdGVzdGluZyJ9.wHnrclfx5al4RkAZhHVO0T6RjW4kK_-Dr8P-umAqrO0/br/78674454969-l)
* [DHSC guidance for care staff supporting adults with learning disabilities and autistic adults during COVID-19.](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ292ZXJubWVudC9wdWJsaWNhdGlvbnMvY292aWQtMTktc3VwcG9ydGluZy1hZHVsdHMtd2l0aC1sZWFybmluZy1kaXNhYmlsaXRpZXMtYW5kLWF1dGlzdGljLWFkdWx0cy9jb3JvbmF2aXJ1cy1jb3ZpZC0xOS1ndWlkYW5jZS1mb3ItY2FyZS1zdGFmZi1zdXBwb3J0aW5nLWFkdWx0cy13aXRoLWxlYXJuaW5nLWRpc2FiaWxpdGllcy1hbmQtYXV0aXN0aWMtYWR1bHRzIn0.q1TiFQ9HUct2NH4OAaenl6TN7DEfOG10GE-P74apxyU/br/78674454969-l)
* [NHS guidelines translated into up to 50 languages by Doctors of the World](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5kb2N0b3Jzb2Z0aGV3b3JsZC5vcmcudWsvY29yb25hdmlydXMtaW5mb3JtYXRpb24vIn0.oCuUoP7gZ6ApN4EFZJg11aNsvTDExWaIlqE51pGHaKw/br/78674454969-l)(and you can find advice on the videos [here](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5kb2N0b3Jzb2Z0aGV3b3JsZC5vcmcudWsvY29yb25hdmlydXMtdmlkZW8tYWR2aWNlLyJ9.PjzQHx19KqjF9sEITa28DYvYnGQNhKkK3eDNRiRWUfQ/br/78674454969-l)).
* [The Health and Safety Executive has published guidance on RIDDOR reporting of COVID-19](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5oc2UuZ292LnVrL25ld3MvcmlkZG9yLXJlcG9ydGluZy1jb3JvbmF2aXJ1cy5odG0ifQ.ldqGAfQOLrAEM67_hNOxfGs3S6wt7P1jV0YP7lJ7Rv8/br/78674454969-l)
* [Sign up to receive the NHS England primary care bulletin](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTcsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5lbmdsYW5kLm5ocy51ay9lbWFpbC1idWxsZXRpbnMvcHJpbWFyeS1jYXJlLWJ1bGxldGluLyJ9.LKyOo6aZ6HJd46D6rZHZBhQs_Gn_KRMS44C_bIPb_Wg/br/78674454969-l)
* The [British Medical Association (BMA)](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTgsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5ibWEub3JnLnVrL2FkdmljZS1hbmQtc3VwcG9ydC9jb3ZpZC0xOS9wcmFjdGljYWwtZ3VpZGFuY2UvY292aWQtMTktZGVhdGgtY2VydGlmaWNhdGlvbi1hbmQtY3JlbWF0aW9uIn0.iHK37JktZ0zvC2bPgtFfhWDLkSVVDYk8iExmo20OTmQ/br/78674454969-l) and the [Royal College of General Practitioners (RCGP)](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTksInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5yY2dwLm9yZy51ay9jb3ZpZC0xOS9sYXRlc3QtY292aWQtMTktZ3VpZGFuY2UtaW4teW91ci1hcmVhLmFzcHgifQ.4KACXt8V4gGcBsx1UPd0S1_MEeKSguSnrKzyh9Ei7yA/br/78674454969-l)  have jointly produced a protocol that can be used by various groups of professionals to verify death remotely with a clinician.
* We have [published guidance](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5jcWMub3JnLnVrL2d1aWRhbmNlLXByb3ZpZGVycy9pbmRlcGVuZGVudC1oZWFsdGhjYXJlL3JlZ3VsYXRpbmctaW5kZXBlbmRlbnQtcHJvdmlkZXJzLW9mZmVyaW5nLWNvcm9uYXZpcnVzIn0.4GPIS9AtMVkYlUAvsAOREfSEFY19obGf0ZAdlcU7hbo/br/78674454969-l) to clarify when coronavirus swab testing falls within the scope of CQC regulation and what we expect of providers who are delivering that activity.
* [Joint statement from CQC and the GMC on community based prescribing for COVID-19 symptoms](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL2NvbnRlbnQuZ292ZGVsaXZlcnkuY29tL2FjY291bnRzL1VLQ1FDL2J1bGxldGlucy8yODVhOTBiIn0.JPcmjOppP-CTmeCbmWCJ4d4TOEvMQpHERocLEcr2tHQ/br/78674454969-l)
* [Briefing from NHS England on the Coronavirus Act - excess death provisions: information and guidance for medical practitioners](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5lbmdsYW5kLm5ocy51ay9jb3JvbmF2aXJ1cy93cC1jb250ZW50L3VwbG9hZHMvc2l0ZXMvNTIvMjAyMC8wMy9DT1ZJRC0xOS1BY3QtZXhjZXNzLWRlYXRoLXByb3Zpc2lvbnMtaW5mby1hbmQtZ3VpZGFuY2UtMzEtMDMtMjAucGRmIn0.xN2ug1dus7K36MVnDMldcu88Z5ux2o03PDNwzs7JISE/br/78674454969-l)
* [NICE COVID-19 rapid guidelines](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5uaWNlLm9yZy51ay9ndWlkYW5jZS9wdWJsaXNoZWQ_dHlwZT1jb3YsY29hIn0.m1_AwJi-9YczCyDiy75zMklQizVFa1irW3iLs06d2rE/br/78674454969-l)
* Advice and information on looking after your mental health and wellbeing during the coronavirus outbreak from [NHS England](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ292ZXJubWVudC9wdWJsaWNhdGlvbnMvY292aWQtMTktZ3VpZGFuY2UtZm9yLXRoZS1wdWJsaWMtb24tbWVudGFsLWhlYWx0aC1hbmQtd2VsbGJlaW5nIn0.5QfJe4XOVZupp5x6rpbZG1S9hea0awmroSsejbNUUFE/br/78674454969-l) and the [Mental Health Foundation](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5tZW50YWxoZWFsdGgub3JnLnVrL3B1YmxpY2F0aW9ucy9sb29raW5nLWFmdGVyLXlvdXItbWVudGFsLWhlYWx0aC1kdXJpbmctY29yb25hdmlydXMtb3V0YnJlYWsifQ.2u-dR79XUd2HcFeHSvII613sPEkhDelUE8jk3N4mExo/br/78674454969-l)
* [Latest updates and guidance for dental practice](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5lbmdsYW5kLm5ocy51ay9jb3JvbmF2aXJ1cy9wcmltYXJ5LWNhcmUvZGVudGFsLXByYWN0aWNlLyJ9.VsgWmzVt3p46Kvi3alR9EUpEcHglw01SMNimBGP2ghw/br/78674454969-l)
* [Webinars for community pharmacy, dental, digital primary care and general practice staff, including links to recordings of past webinars](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjcsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5lbmdsYW5kLm5ocy51ay9jb3JvbmF2aXJ1cy9wcmltYXJ5LWNhcmUvb3RoZXItcmVzb3VyY2VzL3dlYmluYXJzLyJ9.if-HZOJbTEX4ERCs6sl7bzcNkbIHCFldb_aLNv1wkf8/br/78674454969-l)
* [Guidance from the Department of Health and Social Care on how local authorities can use the new Care Act easements](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjgsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ292ZXJubWVudC9wdWJsaWNhdGlvbnMvY29yb25hdmlydXMtY292aWQtMTktY2hhbmdlcy10by10aGUtY2FyZS1hY3QtMjAxNC9jYXJlLWFjdC1lYXNlbWVudHMtZ3VpZGFuY2UtZm9yLWxvY2FsLWF1dGhvcml0aWVzIn0._MDJcelIfeI36JbBJkr74uOI_DuY0r6FTKh2cCD5u9E/br/78674454969-l)
* [Investigation and initial clinical management of possible cases](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjksInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ292ZXJubWVudC9wdWJsaWNhdGlvbnMvd3VoYW4tbm92ZWwtY29yb25hdmlydXMtaW5pdGlhbC1pbnZlc3RpZ2F0aW9uLW9mLXBvc3NpYmxlLWNhc2VzIn0.Qog2G_WCig-z8wH3ZxGtjGiSkpyhNK7o_8Ak5wjS3DE/br/78674454969-l)
* [Guidance for primary care](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMzAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ292ZXJubWVudC9wdWJsaWNhdGlvbnMvd24tY292LWd1aWRhbmNlLWZvci1wcmltYXJ5LWNhcmUifQ.CAJZcrL9LtN7r36GYS9XFKBXru84Zqwht7snegxs7pQ/br/78674454969-l)
* [Guidance on the supply and use of personal protective equipment](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMzEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5lbmdsYW5kLm5ocy51ay9jb3JvbmF2aXJ1cy9wdWJsaWNhdGlvbi9ndWlkYW5jZS1zdXBwbHktdXNlLW9mLXBwZS8ifQ.1nQdKb1UGsIbVtcQS8XCXLyrJ8qQo6ud2_lhwYidXk4/br/78674454969-l)
* [Letters for providers and professionals from NHS England/Improvement](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMzIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5lbmdsYW5kLm5ocy51ay9jb3JvbmF2aXJ1cy9wcmltYXJ5LWNhcmUvb3RoZXItcmVzb3VyY2VzL2xldHRlcnMvIn0.6xKtrelRa3YOEtlc-NIGUIe0LxA8b5LU4lkOrOT5Bd8/br/78674454969-l)
* [Guidance for health professionals](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMzMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ292ZXJubWVudC9jb2xsZWN0aW9ucy93dWhhbi1ub3ZlbC1jb3JvbmF2aXJ1cyJ9.LKTuLgmmu__iqh5TGbOUsrfJmDEEAZs3fOrLZStTWS4/br/78674454969-l)
* [Guidance from NHS England and Improvement](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMzQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5lbmdsYW5kLm5ocy51ay9jb3JvbmF2aXJ1cy9wcmltYXJ5LWNhcmUvIn0.cfu6TP3iBzojdDDmSf7_6E6v92ihvnfcmcCtlghiLgY/br/78674454969-l)
* [Guidance for health professionals who have diagnosed a case within their facility](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMzUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ292ZXJubWVudC9wdWJsaWNhdGlvbnMvY292aWQtMTktZ3VpZGFuY2UtZm9yLWhlYWx0aGNhcmUtcHJvdmlkZXJzLXdoby1oYXZlLWRpYWdub3NlZC1hLWNhc2Utd2l0aGluLXRoZWlyLWZhY2lsaXR5In0.y8pDerVjXxFnJ6sKqSjVUCo8vpcn2Ygzi3oNheefh44/br/78674454969-l)
* [Infection prevention and control](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMzYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ292ZXJubWVudC9wdWJsaWNhdGlvbnMvd3VoYW4tbm92ZWwtY29yb25hdmlydXMtaW5mZWN0aW9uLXByZXZlbnRpb24tYW5kLWNvbnRyb2wifQ.BW4n0gD8csh2h_LVMBFXTdcHyZSCmUAO0avKrdfnCOo/br/78674454969-l)
* [Rapid tests for use in community pharmacies or at home](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMzcsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ292ZXJubWVudC9wdWJsaWNhdGlvbnMvY292aWQtMTktcmFwaWQtdGVzdHMtZm9yLXVzZS1pbi1jb21tdW5pdHktcGhhcm1hY2llcy1vci1hdC1ob21lIn0.zWNNJCL7hDcvxj9zoAJGJezBFvokBnGPIwpls1UqhB0/br/78674454969-l)
* [Guidance for sampling and for diagnostic laboratories](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMzgsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ292ZXJubWVudC9wdWJsaWNhdGlvbnMvd3VoYW4tbm92ZWwtY29yb25hdmlydXMtZ3VpZGFuY2UtZm9yLWNsaW5pY2FsLWRpYWdub3N0aWMtbGFib3JhdG9yaWVzIn0.M4mBN0XMV1-cjkDynaT1GxWbzHixMsI-mHet9Iw_m7w/br/78674454969-l)
* Department of Health and Social Care's [coronavirus action plan](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMzksInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ292ZXJubWVudC9wdWJsaWNhdGlvbnMvY29yb25hdmlydXMtYWN0aW9uLXBsYW4ifQ.65ysZBfn2EI17xN5szZtxy2DulHK5m8KZ7_xVWtQWcs/br/78674454969-l)
* NHS England has published measures for people who might be at greatest risk from coronavirus. [Guidance (including an easy read version) is available on its website](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNDAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ292ZXJubWVudC9wdWJsaWNhdGlvbnMvZ3VpZGFuY2Utb24tc2hpZWxkaW5nLWFuZC1wcm90ZWN0aW5nLWV4dHJlbWVseS12dWxuZXJhYmxlLXBlcnNvbnMtZnJvbS1jb3ZpZC0xOSJ9.toFvplmmV4TIWt6n8zUovzRbCpG5W2hzjRcEUAuzWSU/br/78674454969-l). People who are classed as extremely vulnerable are being asked to [register for support](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNDEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvY29yb25hdmlydXMtZXh0cmVtZWx5LXZ1bG5lcmFibGUifQ.PVl1u2A_2FZmPe5hsBsD1XBAfQnql6SbtepN4XYE0NU/br/78674454969-l).

**Accessibility resources to help you communicate about COVID-19*** [Signhealth is providing a videos of summaries of key coronavirus guidance in BSL](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNDIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5zaWduaGVhbHRoLm9yZy51ay9jb3JvbmF2aXJ1cy8ifQ.4a87ZqVOz241_SpmX4gjVOUbF3seqypyih4D7ZtALr4/br/78674454969-l)
* The [handwashing rap](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNDMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3ZpbWVvLmNvbS8xMzQ5NTI1OTgifQ.RUTI5Ja60uNcfeW8Z5eMkBD6X-Sjj9j8Zt_pvHBSCxM/br/78674454969-l), produced to help people who have a learning disability
* [Public Health England stay at home guidance](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNDQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ292ZXJubWVudC9wdWJsaWNhdGlvbnMvY292aWQtMTktc3RheS1hdC1ob21lLWd1aWRhbmNlIn0.PXx6As-7YIe4TvkAfakrGeGWxZerxnSn8LvfsFBuh7Q/br/78674454969-l), translated and in easy read
* [Public Health England guidance on social distancing,](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNDUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ292ZXJubWVudC9wdWJsaWNhdGlvbnMvY292aWQtMTktZ3VpZGFuY2Utb24tc29jaWFsLWRpc3RhbmNpbmctYW5kLWZvci12dWxuZXJhYmxlLXBlb3BsZSJ9.eyHdyd_V0B-IqIo4T4msb65_UGwsZVvxBUAW1tMDUYQ/br/78674454969-l) translated.
* [NHS guidelines translated into 32 languages by Doctors of the World](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNDYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5kb2N0b3Jzb2Z0aGV3b3JsZC5vcmcudWsvY29yb25hdmlydXMtaW5mb3JtYXRpb24vIn0.R2LdUFK3wBz9xO77eVIA2Oos4yBUPqViIsQaMi_np44/br/78674454969-l)
* [Easy read information on COVID-19](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNDcsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5tZW5jYXAub3JnLnVrL2FkdmljZS1hbmQtc3VwcG9ydC9oZWFsdGgvY29yb25hdmlydXMifQ.wOhqQCO3iDZyaqNcynrCTbq_n2UINItwDqspsmN0NnE/br/78674454969-l)from Mencap
* [Public Health England resources](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNDgsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL2NhbXBhaWducmVzb3VyY2VzLnBoZS5nb3YudWsvcmVzb3VyY2VzL2NhbXBhaWducy8xMDEvcmVzb3VyY2VzLzUwODAifQ.UPA09LIoRHhx84_Qi1m79z2ZUITyfdr3dPo6eoKI_Tc/br/78674454969-l) in accessible formats
* [COVID-19 guidance for providers of services for people experiencing rough sleeping](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNDksInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ292ZXJubWVudC9wdWJsaWNhdGlvbnMvY292aWQtMTktZ3VpZGFuY2Utb24tc2VydmljZXMtZm9yLXBlb3BsZS1leHBlcmllbmNpbmctcm91Z2gtc2xlZXBpbmcvY292aWQtMTktZ3VpZGFuY2UtZm9yLWhvc3RlbC1vci1kYXktY2VudHJlLXByb3ZpZGVycy1vZi1zZXJ2aWNlcy1mb3ItcGVvcGxlLWV4cGVyaWVuY2luZy1yb3VnaC1zbGVlcGluZz9tY19jaWQ9YmZkNmJmZTYwNyZtY19laWQ9NWM3MWRjOTE1MyJ9.aFAMfqmV-0xN4E-CG1Vbax1v28CR2qT0lvAWBA9FrjA/br/78674454969-l)

**Further information*** [Public Health Matters blog](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNTAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3B1YmxpY2hlYWx0aG1hdHRlcnMuYmxvZy5nb3YudWsvIn0.zH4G448s1VqEszAKBWDNK-ZRCNrND8m_XhcgFbC9oTw/br/78674454969-l) from Public Health England
* [Number of COVID-19 cases in the UK](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNTEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ3VpZGFuY2UvY29yb25hdmlydXMtY292aWQtMTktaW5mb3JtYXRpb24tZm9yLXRoZS1wdWJsaWMifQ.xxnJzL7oXS480E83g-Wrs2niBQigAmFpllbilRZKz6Q/br/78674454969-l)

|  |
| --- |
| [Image of Twitter icon](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNTIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3R3aXR0ZXIuY29tL0NRQ1Byb2YifQ.Kh5rpF0opUMnu9I33zLaeYhf_QjLTkRGuqdWyJIVAjc/br/78674454969-l)**Follow us on Twitter!**Follow [@CQCProf](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNTMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL3R3aXR0ZXIuY29tL0NRQ1Byb2YifQ.zcSWlW0C8Fql15XHongxpG0DSqDB958ELCCLHNPgG5o/br/78674454969-l) on Twitter to get regular updates about the work we are doing with professionals and provider organisations in England. |

 |

 |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |
| --- |
|  |

 |

|  |
| --- |
|  |

 |

 |

 |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |
| --- |
| Twitter Linkfacebooktwitteryoutube |
|

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |
| --- |
| **We are England's independent health and adult social care regulator.** |
|  [**Join our digital participation platform for providers and professionals to get involved in CQC's work** - help inform policies, take part in discussions and test new products](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNTcsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL2NxYy5jaXRpemVubGFiLmNvL2VuLUdCLyJ9.k4p5-spZsCbfpzrvQsz7DdSErkm-TB0earQazO6hlbw/br/78674454969-l). |
|   |

 |

|  |
| --- |
| [**Problems viewing this email? Click here to view online.**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNTgsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwczovL2NvbnRlbnQuZ292ZGVsaXZlcnkuY29tL2FjY291bnRzL1VLQ1FDL2J1bGxldGlucy8yOGI0OWQ0In0.-BmWx9GWoKYBjG0-tLTU-WzJ57wugdriwxL9ypqpFzk/br/78674454969-l) |
| [Find out more about our work](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNTksInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwOi8vd3d3LmNxYy5vcmcudWsvIn0.ZsoDbK2SxH6feyHg5sTAupvSpaHZQANS0JwhZGKRyqo/br/78674454969-l) |
| [Contact us](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNjAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTQuMjE1Mjk1NzEiLCJ1cmwiOiJodHRwOi8vd3d3LmNxYy5vcmcudWsvY29udGVudC9jb250YWN0LXVzIn0.d35qb80-2CuvbOjP-swWK20NUK9HszzQ2bQfXIbbUQU/br/78674454969-l) |
| [Unsubscribe](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxNjEsInF1ZXJ5X3BhcmFtcyI6WyJ2ZXJpZmljYXRpb24iLCJkZXN0aW5hdGlvbiJdLCJ1cmkiOiJicDI6Y2xpY2siLCJidWxsZXRpbl9pZCI6IjIwMjAwNTE0LjIxNTI5NTcxIiwidXJsIjoiaHR0cHM6Ly9wdWJsaWMuZ292ZGVsaXZlcnkuY29tL2FjY291bnRzL1VLQ1FDL3N1YnNjcmliZXIvb25lX2NsaWNrX3Vuc3Vic2NyaWJlIn0.YgbSzwxaKIiCaZ_-A4h3dnRPp9HdpajZ0Dj-5nR2UQQ/br/78674454969-l?verification=5.a8c35fb928c16b77d7548489671689a7&destination=marilynjones05%40aol.com) |

 |

 |

 |