

Staff Briefing



Wash your hands regularly



Keep your distance



Wear a face covering



Download the app StopCOVID NI



Click [here](#) to find answers to your COVID-19 FAQs

Click [here](#) for the latest Daily COVID Update

Please print and share with colleagues

4th March 2021

A Year with Covid



In February 2020 we admitted our first patient with Covid-19 into the Belfast Trust. Since then our staff have consistently risen to the challenge of providing safe, compassionate and effective care for hundreds of patients with Covid-19.

Every staff member, from every service, has played their part in this response and this video is intended to thank you for your dedication and to let us reflect on the past 12 months. Whilst this video features contributions from a small group of staff, their experiences represent those of over 22,000 people who collectively faced the threat of Covid-19.

This is "[A year with Covid](#)".

Doing Our Bit

Many people have found it more difficult to keep active during the pandemic with gyms closed and sports clubs not meeting. We're delighted to join the #DoingOurBit movement – a free online fitness platform which offers an exclusive range of workouts from yoga to HIIT training, family fitness to relaxation sessions. Every workout has been donated by a qualified instructor for health and social care staff. Not only is the #DoingOurBit platform an ideal way to get active, it carries no cost to staff.



To find out more watch our video [here](#) or by clicking the image above.

Staff can access #DoingOurBit by registering with their Belfast Trust email address at <https://www.fit4thefight.org/nhs-members-area>

Occupational Health
Staff Helpline
028 9615 7222

 **CALL 111**
Call 111 and then press 1 when through to the recorded message.



Testing for COVID-19
Call: 028 9615 2828