



# NIFC COMMUNITY AWARENESS UPDATE



## NIFC COMMUNITY AWARENESS UPDATE 11/21 (3 Aug 21)

*(The Community Awareness Update provides general information to enable personnel to keep up-to-date with routine correspondence; it is not provided for mission-related items and does not replace the Emergency Messaging System.)*

### Bldg 407 Covid Update - Returning to/Arriving in England:

- **Bldg 407 personnel, fully vaccinated in the UK (UK NHS, UK Military Medical or US Medical) or fully vaccinated (with an FDA or EMA approved vaccine) in the EU or USA, returning to England from an 'amber' listed country (excluding France):** WEF Mon 2 Aug 21, exempt quarantine (you may have to show proof at the Border checkpoint) but still required to take the pre-travel test and a Covid-19 PCR test on or before Day 2 after arrival back in England; access to Bldg 407 will only be authorised when the result of the Day 2 test is known.
- **Bldg 407 personnel currently complying with post-travel quarantine:** A small number of personnel arrived back in England from 'amber' listed countries (excluding France) before 0400hrs, Mon 2 Aug 21, i.e. pre-quarantine relaxation; they are authorised to receive an Exemption Letter after they confirm the Day 2 test result and can return to work but are still required to take the Day 8 test. They will probably still be contacted on a daily basis by the UK 'Quarantine' Control network but can use the Exemption Letter to confirm release from quarantine but still testing.
- **'New Arrivals':** WEF Mon 2 Aug 21, fully vaccinated (with an FDA or EMA approved vaccine) new arrivals from the EU (excluding France) and USA, coming directly from an 'amber' listed country, do not have to undergo the 10 days quarantine but are still required to comply with the pre-departure test before arrival and take a Covid-19 PCR test on or before Day 2 after arrival in England. Access to Bldg 407 will only be authorised when the result of the Day 2 test is known.
- **Lateral Flow Testing:** We encourage continued participation in the home-testing Lateral Flow Testing programme, via the free rapid COVID-19 tests, twice a week, as part of the overall process of protecting you, your family, friends, colleagues and the missions'.

**REMINDER: Covid-like Symptoms: If you have any covid-like symptoms; contact your line management/chain of command and do not enter Bldg 407 until you have discussed the situation and ascertained that you do not have the coronavirus.**

### Covid symptoms: Is it a cold or coronavirus?

**More is being learned about coronavirus and what symptoms people should act on.**

The NHS says people should look out for classic Covid symptoms:

- a new, continuous cough
- a fever/high temperature
- loss of or change to smell or taste

But researchers say for some people, having Covid can feel "more like a bad cold" with symptoms such as a headache, sore throat and a runny nose.

If you think you may have Covid, it is important to get tested. Even people who don't feel very ill can put others at risk.

**Does a fever mean I have coronavirus?**

A cold, flu or coronavirus - which one do I have?

**Is it an emergency? Call 999**

If it is not life threatening: Call 101 for the Civil Police; Call 111 for the NHS.

If you want to report a concern anonymously, you can report it via the Crimestoppers website or via their hotline on: 0800 555 111.

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	<p>A high temperature is 37.8C or above. A fever like this can happen when the body is fighting off any infection - not just coronavirus. It is best to use a thermometer. But if you don't have one, check if you, or the person you are worried about, feels hot to the touch on the chest or back. A high temperature is unlikely with a cold. If you have a fever, arrange a coronavirus test - you can use the <a href="#">NHS 111 coronavirus service online</a>.</p>
<b>What about a cough?</b>	<p>If you have a cold or flu you may well have a cough, along with other symptoms.</p> <p>Flu usually comes on suddenly and sufferers will often experience muscle aches, chills, headaches, tiredness, a sore throat and a runny or stuffed nose, along with the cough. It feels worse than a heavy cold.</p> <p>Colds tend to develop more gradually and are less severe, although they do still make you feel unwell. Along with a cough, there may be sneezing and a sore throat and runny nose. Fever, chills, muscle aches and headaches are rare.</p> <p>A coronavirus cough means coughing a lot for more than an hour, or three or more coughing fits or "episodes" in 24 hours. If you usually have a cough because of a long-standing medical condition like COPD, it may be worse than usual.</p> <p>You should get tested for coronavirus if you develop a new, continuous cough.</p>
<b>What do loss or change to smell or taste mean?</b>	<p>These are key symptoms of coronavirus and mean you should get a test.</p> <p>It could still be that you have a simple cold. But you need to check, even if you don't feel unwell, to avoid the risk of spreading the virus.</p> <ul style="list-style-type: none"><li>• <a href="#">Coronavirus smell loss 'different from cold or flu'</a></li><li>• <a href="#">Coronavirus loss of smell: Meat tastes like petrol</a></li></ul>
<b>Does sneezing mean I've got coronavirus?</b>	<p>Sneezing is not a classic symptom of coronavirus, and unless you also have a fever, cough or loss of smell and taste, you do not need a test, according to the NHS. Sneeze droplets can spread infections though, so catch them in a tissue, put it in the bin and then wash your hands.</p>
<b>How about a runny or blocked nose or a headache?</b>	<p>Currently, the NHS says a runny nose or a headache is not a reason to get tested for Covid. But research suggests <a href="#">some people who test positive for Covid do have these symptoms</a>.</p>
<b>To help stop the spread of coronavirus and other illnesses:</b>	<p>To help stop the spread of coronavirus and other illnesses:</p> <ul style="list-style-type: none"><li>• Wash your hands regularly</li><li>• Use a face covering when social distancing is not possible</li><li>• Try to keep your distance from those not in your household</li></ul>

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