



# NIFC COMMUNITY AWARENESS UPDATE



## NIFC COMMUNITY AWARENESS UPDATE 15/21 (3 Dec 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.)*

### COVID- 19 – GENERAL REMINDER

**Main Symptoms:** The main symptoms of coronavirus (COVID-19) are:

- A high temperature – this means you feel hot to touch on your chest or back.
- A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).
- A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

**More general symptoms:** People with COVID-19 have reported a wide range of symptoms that include mild symptoms to severe illness. Symptoms may appear two to 14 days after exposure to the virus. People with the following symptoms may have COVID-19: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and/or diarrhoea.

If you have any of these symptoms, get a PCR test (test that is sent to a lab) to check if you have coronavirus and stay at home until you get your result, even if the symptoms are mild.

**General Health Reminders:** Everyone can do their part to help prevent the spread of germs:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue whenever you cough or sneeze or use the inside of your elbow.
- Avoid close contact with people who are sick.
- Stay home if you are sick.
- Clean and disinfect frequently touched surfaces daily.

**Fully Vaccinated?** Like all medicines, no vaccine is completely effective, so you should continue to take recommended precautions to avoid infection. Some people may still get COVID-19 despite having a vaccination, but this should be less severe. So far, 89% of people aged 12 and over in the UK have had their first vaccine dose, 81% have had their second and 33% have had a booster.

**UK Covid Rules:** UK Covid rules have been strengthened in response to concern over the newly identified Omicron variant and the booster programme is also being expanded to millions more adults. What are the new measures?

- Face coverings are once again compulsory in places like shops and on public transport in England.
- Pupils at secondary schools in England are being "strongly advised" to wear face coverings in communal areas. The guidance also applies to staff and visitors at all schools and childcare settings.
- Secondary school pupils in Wales are being urged to wear face masks in classrooms and communal areas. Staff and students in colleges and universities should also wear face coverings inside.
- All contacts of suspected Omicron cases will be contacted by their local contact tracing system and required to self-isolate for 10 days, regardless of their age or vaccination status.
- Anyone entering the UK requires a PCR test within 48 hours of arrival and must self-isolate until they have a negative result.

**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.

**NIFC (24/7): 01480 841386**