



NIFC COMMUNITY AWARENESS UPDATE



NIFC COMMUNITY AWARENESS UPDATE 2/21 (29 Jan 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.)

CORONAVIRUS - GENERAL REMINDER FOR 'FAMILY' SITUATIONAL AWARENESS – SYMPTOMS – ORIGINAL AND NEW VARIANTS:

What are the symptoms?

- New and continuous cough - coughing a lot for more than an hour, or having three or more coughing episodes in 24 hours.
- Fever - a temperature above 37.8C
- Change in smell or taste - either you cannot taste or smell anything, or these senses are different to normal.

(Public Health England says about 85% of people with Covid will have at least one of the above.)

Footnote. *People infected with the new variant may be more likely to have a cough, sore throat, fatigue and muscle aches than people with the old variant, according to a recent ONS survey - and slightly less likely to lose their sense of taste or smell.*

PETERBOROUGH-BASED ASYMPTOMATIC TEST CENTRE

Statistically, it is assessed that as many as 1 in 3-5 people who have coronavirus have no symptoms. We are continuing to monitor the roll-out of asymptomatic testing, be it via 'local authorities' or commercial providers; the former is just starting to appear and the latter is always available at cost. There is a Peterborough-based facility providing community testing should individuals wish to 'get ahead of the game'. The following information is provided so that you can make a personal decision to have an asymptomatic test.

The Test Centre mission is that by taking part in the community testing programme you are helping to identify people who don't know they are infectious and could pass the virus on to others so we can stop COVID-19 in its tracks. If you **are 18 or over and** have been invited to take a rapid test, you can book a slot; as a key/critical worker who cannot work from home, you can apply online: <https://www.gpdq.co.uk/lateral-flow-cambridgeshire/>

To book a test at St Mark's Church Hall, please book online or call the number below. **Please do not contact St Mark's Church directly to book an appointment.** If you need help to make a booking at a rapid testing site, you can call 01733 747474 and choose option 7. Lines are open from 9am to 5pm, Monday to Friday; closed on bank holidays.

The test we are using in a rolling programme across the City is quick and safe. This test is free and is being offered only to people who don't have symptoms in certain areas.

COVID-19: This is an airborne, respiratory virus. Droplets can travel approx. two (2) metres, falling to hard surfaces. The virus is transmitted through direct contact with respiratory droplets of an infected person, e.g. through coughing, sneezing or lack of social distancing, face coverings, etc. Individuals can also be infected from and touching surfaces contaminated with the virus and touching their face (e.g. eyes, nose, mouth). The COVID-19 virus may survive on surfaces for several hours, but simple disinfectants can kill it.

Face coverings! Hand Washing! Temperature Testing! Social Distancing! Contact Surface Cleaning!

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