



NIFC COMMUNITY AWARENESS UPDATE



NIFC COMMUNITY AWARENESS UPDATE 4/21 (25 Feb 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 GENERAL: Further to the initial email outlining the UK Government's four-step, conditions-based, plan for easing Lockdown, the Bldg Covid-19 CAT has assessed and reviewed the various measures alongside the Bldg 407 processes and procedures. In summary, COM NIFC (Risk Owner) has approved that the NIFC will retain current operating processes and procedures until 12 Apr (end of the Easter period); enabling a realistic assessment of how the UK's strategy is working, with the intent to end our graduated population density system NET 12 Apr. Key pointers will include any reverse trends through school re-openings and a minor relaxation of outside meetings. No earlier than 12 Apr is the proposed date for reviewing a return to normal manning levels; however, there will still be a case-by-case basis for visitors, UK TDY's, etc. International travel will not be authorised before 17 May and will also be dependent on the 'receiving' nation's regulations. Throughout the whole process, maintain good hygiene standards – hand washing, surface cleaning, face coverings, temperature testing to remain available. No earlier than 17 May, we can review a relaxation of 'indoor' social areas/meetings. The key words for the UK strategy are 'no earlier than'; Bldg 407 Covid-19 CAT recommendation is based on a considered and measured approach to meet the target dates, the most important one being 21 Jun 21 when the majority of restrictions will have been lifted. Good personal hygiene (hand washing, etc.) will remain important. Coronavirus is not going to go away, it still has to be dealt with by continuing our 'conditions of entry' and defensive measures in order to protect our personnel, their families, friends, colleagues and the missions' – please continue to comply.

BLDG 407 POST-COVID VACCINATION ACTION: As a minimum, Bldg 407 personnel who receive a Covid-19 vaccination are to remain alert to the possible side-effects and if you display any side-effect symptoms, contact your chain of command/line management for further advice; if 'stay at home' is authorised over a normal working day, it will be on a 24hr 'teleworking' basis. (If national regulations are more restrictive, they are to be complied with.)

Background. The most common reactions include injection site pain, headache, tiredness and muscle aches, usually in the first 24-48hrs and then resolving within a week after vaccination.

Covid-19 vaccine side effects: Most side effects of the Covid-19 vaccine are mild; showing signs, if any, within the first 24-48hrs but could last for up to a week, such as: a sore arm where the needle went in; feeling tired; a headache; feeling achy; feeling or being sick. You can take painkillers, such as paracetamol, if you need to.

If you have a high temperature you may have coronavirus or another infection – this is the trigger for a test. If your symptoms get worse or you are worried, call 111.

Allergic reactions: Tell healthcare staff before you are vaccinated if you have ever had a serious allergic reaction. You should not have the Covid-19 vaccine if you have ever had a serious allergic reaction (including anaphylaxis) to: a previous dose of the same vaccine; any of the ingredients in the vaccine.

Serious allergic reactions are rare. If you do have a reaction to the vaccine, it usually happens in minutes. Staff giving the vaccine are trained to deal with allergic reactions and treat them immediately. (You will probably find that most vaccination 'centres' require you to wait for 15mins after the vaccination before they allow you to leave, just in case of any immediate reaction.)

Second Vaccination: It is possible that the second vaccination will result in a more noticeable side-effect, including nausea. Follow the 'remain alert to' guidance.

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