

COVID 19 UPDATE January 2022

HANDS

FACE

SPACE

Please follow the current Government guidelines

Stay safe and help prevent the spread

England has returned to 'Plan A' which means that there is no longer a requirement to wear a face covering. Our communal buildings, toilets and shop are now open as normal.

We will continue to make hand sanitiser available in all our communal areas and would ask you to use this before and after touching any crockery, equipment, or surfaces in these areas. The toilets are cleaned regularly but we would ask you to wash your hands before and after using the facilities.

Although the restrictions have been eased, COVID has not gone away and some of our members may still feel vulnerable.

It is now personal choice we would encourage you to follow the advice that is set out in the Government Guidelines. Some of this is summarised below but full details are available at [Coronavirus: how to stay safe and help prevent the spread - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidelines/coronavirus-how-to-stay-safe-and-help-prevent-the-spread)

COVID-19 remains a risk It is still possible to catch and spread COVID-19, even if you are fully vaccinated. Anyone with COVID-19 symptoms or a positive test result should [stay at home](#) and self-isolate immediately. If you have symptoms of COVID-19, you should arrange to [take a PCR test](#) as soon as possible, even if you've had one or more doses of a COVID-19 vaccine.

Keeping yourself and others safe While no situation is risk free, there are easy and effective actions you can take to protect yourself and others around you.

Wear a face covering COVID-19 spreads through the air by droplets and aerosols that are exhaled from the nose and mouth of an infected person. Whilst there is no longer a legal requirement to wear a face covering, the Government suggests that you continue to wear one in crowded and enclosed spaces, especially where you come into contact with people you do not usually meet. [Find out more information about face coverings.](#)

Wash your hands regularly and cover coughs and sneezes Wash your hands with soap and water or use hand sanitiser regularly throughout the day. Regular hand washing is an effective way to reduce your risk of catching illnesses, including COVID-19.

Get vaccinated Getting fully vaccinated is the best way of protecting you and others against COVID-19. If you have not yet received the COVID-19 vaccine, you can go to the [NHS website](#) and find out how.

Get tested and self-isolate if required If you develop [COVID-19 symptoms](#), self-isolate immediately and [get a PCR test](#), even if your symptoms are mild. This is because many people experience mild symptoms from COVID-19 but may still pass on the virus to others.

Let fresh air in if you meet indoors. Meeting outdoors is safer Meeting outdoors vastly reduces the risk of airborne transmission, but this may not always be possible. If you're indoors, you should let fresh air in to reduce the risk of catching or spreading COVID-19.

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