

Covid Update:

As we get closer to ORC 2022, we still need to keep in mind that while many restrictions have been removed, numbers of positive cases of Covid are rising. The following information is from the UK.Gov site:

COVID-19 remains a risk

It is still possible to catch and spread COVID-19, even if you are fully vaccinated. If you have any of the main symptoms of COVID-19 or a positive test result, the public health advice is to stay at home and avoid contact with other people.

COVID-19 will be a feature of our lives for the foreseeable future, so we need to learn to live with it and manage the risk to ourselves and others.

All of us can play our part by understanding the situations where risks of COVID-19 infection and transmission are likely to be higher and taking action to reduce these risks.

Following this guidance will help you to understand situations where there is a greater risk of catching or spreading COVID-19 and the steps that you can take to stay safe and protect others. Every action you can take to help reduce the spread will help reduce pressure on the NHS during the winter months.

Understanding the risks of COVID-19

The risk of catching or passing on COVID-19 can be higher in certain places and when doing certain activities. COVID-19 is spread by airborne transmission, close contact via droplets, and via surfaces. Airborne transmission is a very significant way that the virus circulates. It is possible to be infected by someone you don't have close contact with, especially if you're in a crowded and/or poorly ventilated space.

Close contact with an infected person is also a significant way COVID-19 is spread. When someone with COVID-19 breathes, speaks, coughs or sneezes, they release particles containing the virus that causes COVID-

19. The particles can come into contact with the eyes, nose or mouth or can be breathed in by another person. The particles can also land on surfaces and be passed from person to person via touch.

In general, the risk of catching or passing on COVID-19 is higher in crowded and enclosed spaces, where there are more people who might be infectious and limited fresh air.

In situations where there is a higher risk of catching or passing on COVID-19, you should be particularly careful to follow the guidance on keeping yourself and others safe. Every little action helps to keep us all safer.