

New variant information: Winter 2021

There is a new variant of Covid-19 called Omicron, that appears to be more infectious than the current variant.

Therefore new, temporary guidelines are now in place. From the 30th November:

- **You must wear a face covering in shops and on public transport.** They are not yet compulsory in hospitality settings.
- **All contacts of suspected Omicron cases must self-isolate for 10 days,** even if they are fully vaccinated. They will be contacted by NHS Test and Trace.
- **All international arrivals must take a PCR test on their 2nd day in the country, and self-isolate until they receive a negative result.**
- In schools, **staff, visitors, and pupils in Year 7 and above should wear masks** in communal areas in schools, unless they are exempt.

You will be called by NHS Test & Trace if you are identified as a contact of a suspected Omicron case.

It is very important to:

- **Open windows** a few times a day so that fresh air will blow Covid-19 and other virus particles away. You only need to open the window a small amount for it to work.
- **Wash your hands** with soap and water more often than you normally would, and whenever you come home from being out.
- **Wear a face covering** when on public transport and in shops. This is again required by the Government at this moment.
- **Avoid mixing closely** with people outside your family or social unit, and if you must, make sure you do a rapid LFD test before, that way you will know that you aren't passing the virus on to them.
- Make sure you and your family get their **1st, 2nd, and booster vaccinations as soon as they can.** It's protecting you and your community if everyone gets vaccinated.