



Omicron variant: changes to restrictions

New measures have been put in place as a precaution because cases of a variant of concern have been found in the UK. There are changes to the rules in England on self-isolation, testing after international travel, and face coverings, which apply from 4am on Tuesday 30 November.

Customers and staff are legally required to wear face coverings indoors in shops and on public transport services.

This includes:

- shops and close contact services (such as hairdressers and beauty therapists), including those within another type of business or facility
- shops and communal areas in shopping centres
- public transport services (such as buses, trains and trams) and transport services open to the public (such as indoor areas of private hire coaches, open-top bus tours and leisure boats)
- transport hubs (such as airports; maritime ports; rail, bus and coach stations), including any businesses located within a transport hub (except hospitality venues like cafes and bars)

If you have COVID-19 symptoms you should stay at home and self-isolate immediately. You should arrange to have a PCR test as soon as possible. If this PCR test result is positive, you must continue to self-isolate.

If you do not have COVID-19 symptoms, but you have a positive PCR test result, you must stay at home and self-isolate.

If you live in the same household as someone with COVID-19, you must stay at home and self-isolate if you are **NOT** fully vaccinated or if they have been identified as a suspected or confirmed case of the **Omicron** variant of COVID-19.

If you live in the same household as someone with COVID-19 that has not been identified as a suspected or confirmed case of the Omicron variant, and you **ARE** fully vaccinated or aged under 18 years and 6 months, **you are not required to self-isolate.**

There are 2 main types of test currently being used to detect if someone has COVID-19:

- **polymerase chain reaction (PCR)**
- **lateral flow device (LFD) antigen tests – also known as rapid lateral flow tests**

PCR tests detect the RNA (ribonucleic acid, the genetic material) of a virus. PCR tests are the most reliable COVID-19 tests. It takes some time to get the results because they are usually processed in a laboratory. If you have symptoms of COVID-19, you should arrange to have a PCR test. People who live in the same



household as someone with COVID-19 can also take a PCR test, as they are at higher risk of being infected even if they do not have symptoms.

LFD tests detect proteins in the coronavirus and work in a similar way to a pregnancy test. They are simple and quick to use. LFD tests are not as accurate as PCR tests in all circumstances, but can detect a similar number of people with high levels of coronavirus as PCR tests. They are mainly used in people who do not have symptoms of COVID-19.

If you have received one or more doses of COVID-19 vaccine

If you have been vaccinated with a COVID-19 vaccine, you are less likely to catch COVID-19, and to become severely ill if you do catch it. You are also less likely to spread COVID-19 to other people, but it is still possible for this to happen.

If you have symptoms of COVID-19 or have received a positive test result, you should still follow this guidance and self-isolate even if you have received one or more doses of COVID-19 vaccine. This will reduce the risk of spreading infection and help to protect other people.

If you are a contact of someone who has COVID-19 and you are fully vaccinated, or aged under 18 years 6 months, you are not required to self-isolate **unless** that person has been identified as a suspected or confirmed case of the Omicron variant of COVID-19. Fully vaccinated means that you have been vaccinated with an MHRA approved COVID-19 vaccine in the UK, and at least 14 days have passed since you received the recommended doses of that vaccine.

<https://www.gov.uk/coronavirus>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://fortel.co.uk/covid-19>

<https://www.mind.org.uk/>

<https://mhfaengland.org/>

<https://www.lighthouseclub.org/>



Please wash your PPE as often as possible

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www.fortel.co.uk/covid19