



## Cornwall Federation of Women's Institutes

# CORONAVIRUS (COVID-19) GUIDANCE

From 24 February 2022, you will no longer be legally required to self-isolate if you test positive for COVID-19. You will no longer be legally required to self-isolate if you are an unvaccinated close contact, and will no longer be advised to test for 7 days if you are a fully vaccinated close contact.

However, 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. The Cornwall Federation of Women's Institutes (CFWI) understands this and takes the health and safety of our members and staff very seriously. For this reason, CFWI has published the following guidelines for use by our staff, WI members, facility hirers and visitors to any of our events or to our office in Threemilestone.

### **Symptoms and Testing**

If you have not yet received 2 doses of a COVID-19 vaccine, you should get vaccinated. Evidence indicates that 2 doses of a COVID-19 vaccine continues to provide protection against severe disease, including against Omicron, but this protection declines slowly over time. Boosters provide a high level of protection against Omicron. You should therefore get a booster vaccine for COVID-19 as soon as possible.

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.

You should self-isolate at home while you get a PCR test and wait for the results. You must self-isolate from the day your symptoms started, or from the day you receive a positive test result if you do not have any symptoms. You can end your self-isolation on the sixth day of self-isolation following 5 full days isolating and 2 negative rapid lateral flow test tests taken on consecutive days.

The first rapid lateral flow test should not be taken before the fifth day. The self-isolation period remains 10 full days for those without negative results from 2 rapid lateral flow tests taken a day apart. This is the law, regardless of whether you have been vaccinated. Self-isolating is important because you could pass the infection on to others, even if you do not have symptoms. You must self-isolate for the full amount of time you are told to, because this is the period when the virus is most likely to be passed on to others.

If you have received a positive rapid lateral flow test result but do not have any of the main symptoms of COVID-19, you should report your result and self-isolate.

### **Let Fresh Air In!**

The more fresh air you let into your home or other enclosed spaces, the less likely a person is to inhale infectious particles.

You can let in fresh air by uncovering vents and opening doors and windows. Opening your windows for just 10 minutes, or a small amount of time continuously where you can, makes a significant difference. This is particularly important before, during, and after meeting people you do not live with indoors.

### **Wear a Face Covering**

Whilst there is no longer a legal requirement to wear a face covering, CFWI 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.

### **Limit Close Contact with Others**

You may choose to limit the close contact you have with people you do not usually live with. You may also choose to take a lateral flow test before being in close contact and also encourage those people you are meeting with to do so, which will help to manage periods of risk. This includes close contact in a higher risk environment, or when spending prolonged periods of time with a vulnerable individual.

### **Wash Your Hands Regularly**

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.

Where possible, avoid touching your eyes, nose and mouth. If you do need to touch your face, for example to put on or take off your face covering, wash or sanitise your hands before and after.

*For further guidance, please visit <https://www.gov.uk/coronavirus>*