



RAFL/M COVID UPDATES (12 Apr 21)

Blue text = updated info

COVID Prevention

- Monitor for [symptoms of COVID-19](#).
- Stay home if sick & call MDG (01638 52 8010/226-8010) for eval
- 1 in 3 people who have COVID-19 have no symptoms & can spread it without realizing it. Regardless of vaccination status, critical to:
 - Ensure 6 feet social distancing
 - Maximize ventilation indoors
 - Wear snug mask IAW USAF policy when on base, UK policy when off base & not on official business
 - Wash/sanitize hands & common surfaces frequently
 - Comply with isolation & quarantine rules & directions
 - Follow support bubble guidance IAW base policies & [UK law](#) for local & travel destinations
 - Get your COVID jab when offered
 - Plan travel with pre- & post risk assessments. Follow [travel safety guidance](#)

UK Updates

- All UK nations under National Lockdown/"Stay in UK/Minimize Travel." England further relaxed restrictions (see slide 2) as part of Step 2 of 4-step exit roadmap on **12 Apr**. Further steps, including next on **17 May**, depend on vaccination effectiveness/progress, case rates, & virus variant situation. England new case rates moderate but had further accelerated **32%** decrease from past week – lowest since **early Sept** but increases continue in younger age groups. Hospitalizations **continued decrease and deaths stable** (lowest since mid Sep). **Scotland had further 30% accelerated decrease, compared to last week, while N Ireland & Wales reported increases likely due only to incomplete reporting over holiday.** All England regions had significant decrease in weekly cases. Highest rates continue in Yorkshire.
- East of England reported **46%** fewer cases this week compared to last. Norfolk, Suffolk & Cambridgeshire had **61%, 43% & 37%** fewer cases compared to previous week. Latest estimate 1 in 500 people have COVID-19. Highest rates continue/decreased in Peterborough, Fenland & Luton. **Continued case decrease in among most age groups, highest rates continue in 10-19 year olds (stable). Common cold continued increase among under 14s.**
- All travelers to UK show negative test & order post-travel test package before departure, quarantine 10 days post-arrival. US Visiting Forces travel to UK from [several countries](#) requires quarantine in UK-designated hotels (but entry banned for non-residents). More info and booking portal [here](#).

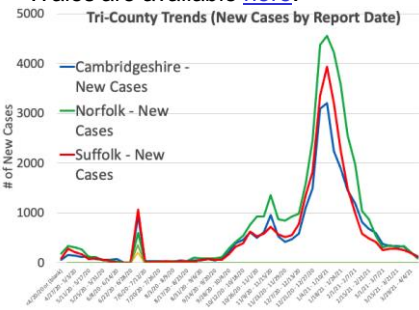
Travel Abroad

- Non-official international travel prohibited. Travelers leaving England complete [travel declaration form](#) stating travel reason. US forces on official travel exempt/use orders & mil ID.
- US cases continued increase **in potential 4th wave due to variants & relaxing of protective measures**; hospitalizations continued increase & deaths decreased. **Cases increasing in 29 states.** Highest rates in MI, MN, NJ, NY, PA & DE (all but NY, NJ & DE increasing).
- Europe new cases remain high but decreased overall; highest in **Sweden (increasing), Czechia, Estonia, Poland, N Macedonia, Turkey (increasing) & Hungary. Ukraine & Lithuania continued significant increases.**



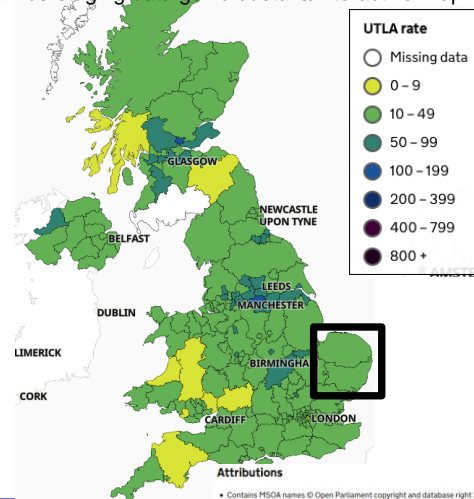
Local restrictions/ COVID Alert Levels

- England COVID alert level is National Lockdown/"Stay in UK"...see slide #2.
- Complete list of England restrictions, as well as those in N Ireland, Scotland & Wales are available [here](#).



7-Day COVID Rates (/100K population)

<https://coronavirus-staging.data.gov.uk/details/interactive-map>


























UK RESTRICTIONS

Tri-Base area currently England COVID alert

England Lockdown – Step 2

Upcoming England Lockdown Exit Roadmap Steps

STEP 2			STEP 3		
At least five weeks after Step 1, no earlier than 12 April.			At least five weeks after Step 2, no earlier than 17 May.		
 Indoor leisure (including gyms) open for use individually or within household groups.	 Rule of 6 or two households outdoors. No household mixing indoors.	 Outdoor attractions, such as zoos, theme parks and drive-in cinemas.	 Indoor entertainment and attractions.	 30 person limit outdoors. Rule of 6 or two households indoors (subject to review).	 Domestic overnight stays.
 Libraries and community centres.	 Personal care premises.	 All retail.	 Outdoor hospitality.	 Organised indoor adult sport.	 Most significant life events (30).
 All children's activities, indoor parent & child groups (up to 15 parents).	 Domestic overnight stays (household only).	 Self-contained accommodation (household only).	 Remaining accommodation.	 Some large events (except for pilots) - capacity limits apply. Indoor events: 1,000 or 50%. Outdoor other events: 4,000 or 50%. Outdoor seated events: 10,000 or 25%.	 International travel - subject to review.
 Funerals (30), wakes, weddings, receptions (15).	 Minimise travel. No international holidays.	 Event pilots begin.			

<https://www.gov.uk/government/publications/covid-19-response-spring-2021/covid-19-response-spring-2021-summary>

Additional Current Info

- Despite recent updates to CDC guidance, UK regulations and installation COVID directives continue to **require compliance with requirements regardless of COVID vaccination status or recovery from previous COVID infection.**
- Continue to monitor the 48 MDG Facebook page for updates on the COVID vaccine program, current eligibility info & appointment scheduling: <https://www.facebook.com/AFMSRAFLakenheath/>
- COVID Vaccine FAQs: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>