



# RAFL/M COVID UPDATES (11 Oct 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. Critical to:
  - Maximize ventilation indoors & ensure 6 feet social distancing
  - Wear mask IAW installation COVID directives & local requirements
  - Wash/sanitize hands & common surfaces frequently
  - Comply with isolation & quarantine rules & directions
- Get both your COVID jabs!** US CDC recommends all age 12 years and older – including people who are pregnant, breastfeeding, trying to get pregnant now, or who might become pregnant in the future – get vaccinated. Schedule at <https://informatics-stage.health.mil/COVAX/>. See [COVID vaccine FAQs](#).
  - US CDC recommends a 3rd dose of Pfizer vaccine following primary Pfizer series for age 65 or older, and ages 50-64 with certain underlying health conditions. Full vaccination mandatory for USAF Active Duty NLT 2 Nov. **AD vaccine line scheduled for 14 Oct at RAFL Gym.**
- Follow [travel safety guidance](#) & plan travel w/ updated pre/post risk assessments

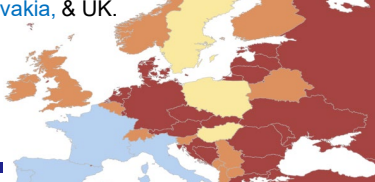
## UK Updates

- Highest regional rates continue in ages 5-19 (50% of all cases this week), cases continued to increase significantly in those age 10-19 - 1.7% of 10-14 year olds tested positive for COVID this past week.

Area	(7 day case rate per 100K) / Trend (% Change)	% Tests Positive	Community Transmission Assessment	Hotspots
(U)				
Scotland	304 <span style="color: green;">▼</span> -16%		HIGH	Lothian
Wales	506 <span style="color: green;">▼</span> -15%		HIGH	North and south Wales
N Ireland	423 <span style="color: red;">▲</span> +6%		HIGH	Much of north and inland areas
England	341 <span style="color: yellow;">▶</span> +0%	7%	HIGH	Yorkshire/Humber & E Midlands
East of England	346 <span style="color: red;">▲</span> +3%	7%	HIGH	Peterborough
Norfolk	315 <span style="color: green;">▼</span> -7%	7%	HIGH	Great Yarmouth
Suffolk	399 <span style="color: red;">▲</span> +9%	8%	HIGH	Babergh & Ipswich
Cambridgeshire	400 <span style="color: green;">▼</span> -2%	7%	HIGH	East Cambridgeshire & Huntingdonshire

## Travel Abroad

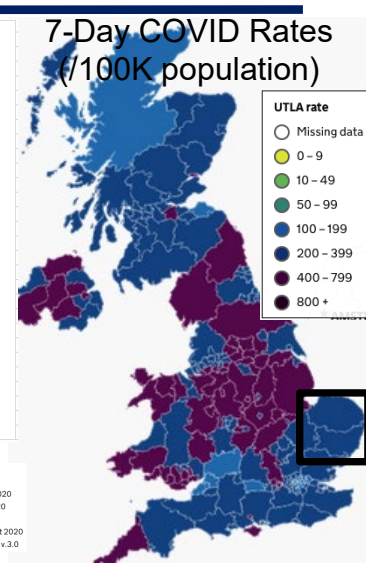
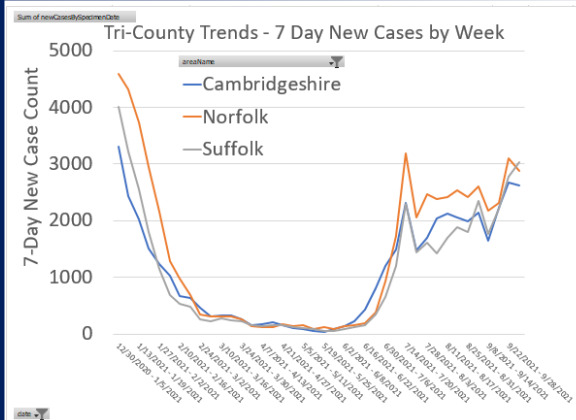
- England revised its "traffic light" system effective 4 Oct 21, with fully vaccinated arrivals from most (non-"red-list") countries not requiring pre-travel test, post-travel quarantine or Day 8 test. Those 18 and over who are not fully vaccinated require pre-travel and day 2/8 post-arrival tests, as well as 10-day quarantine. Red-list arrivals, regardless of age or vaccine status, continue to require pre-arrival and day 2/8 post-arrival COVID tests, as well as 10 day quarantine. **Destinations have entry restrictions/requirements & must be confirmed when making travel plans via DoD Foreign Clearance Guide, US State Dept & UK resources.**
- US cases high throughout country but continued decreased by 12%, deaths further decreased by 8%. Hospitalizations remain high but continued decrease. Highest case rates in AK, ID, ND, MT, WV & WY.
- Europe cases stable this week but expected to increase in next 2 weeks; areas of concern include [Bulgaria](#), [Croatia](#), Estonia, Georgia, Ireland, [Latvia](#), Lithuania, Romania, [Slovakia](#), & UK.



**Epidemic curve trajectory categories\***

- ◀ <10 Cases in past 7 days
- Low/Moderate Incidence, Decreasing
- Low/Moderate Incidence, Increasing
- Substantial/High Incidence, Decreasing
- Substantial/High Incidence, Increasing

<https://covid.cdc.gov/covid-data-tracker/#datatracker-home>



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# OTHER INFO

## Protect Yourself and Others:

**Get vaccinated & wear a mask.** *Tri-base area is experiencing moderate-to-high community transmission. Installation directives require mask wear in certain indoor settings regardless of vaccine status, due to increased infectivity of Delta variant.*

**Get vaccinated for COVID-19 and Influenza.** *Annual flu vaccine is recommended for ages 6 months and up; mandatory for AD and some civilian personnel.*

### England Arrivals Requirements

*Updated 11 Oct*

Measure	Red Country	All Other Countries
Passenger Locator Form	✓	✓
Pre-departure test at destination	✓	If age 18+ & not fully vaccinated
Hotel quarantine	✓	✗
At-home quarantine	✗	10 days if age 18+ & not fully vaccinated
Test-to-Release available?	✗	Test after Day 5*
PCR testing	On or before Day 2	On or before Day 2
Further PCR testing	Day 8	Day 8 if age 18+ & not fully vaccinated

*\*Specifics/limitations in installation COVID directives*

#### Additional Testing Info

**The 48<sup>th</sup> MDG does not offer COVID testing to support non-official travel.** Individuals may obtain a test via an authorized private provider. Testing costs for non-official travel are currently non-reimbursable. A list of providers is available at <https://www.gov.uk/government/publications/list-of-private-providers-of-coronavirus-testing/list-of-private-providers-of-coronavirus-testing>.