



# RAFL/M COVID UPDATES (1 Jun 22)

## COVID Prevention

- Monitor for symptoms of COVID-19. Stay home if sick & call MDG (01638 52 8010/226-8010) for evaluation
- Some may have no symptoms & can spread it without realizing it. Critical to:
  - Wear high quality mask IAW installation COVID directives (recommended in crowded or inadequately ventilated areas; required in healthcare facilities on RAFL/M)
  - Comply with isolation & quarantine rules & directions (as stated in WG COVID Directives)
  - CDC COVID Community Level on RAFL/M is LOW/GREEN, due to our current case rate (see slide #2)
  - **Get both COVID jabs and a booster!** Also, some may be eligible for a COVID-19 vaccination booster dose #2 (see slide #3)
    - Schedule at <https://informatics-stage.health.mil/COVAX/>.
    - See [COVID vaccine FAQs](#).
  - Follow [travel safety guidance](#) & plan travel w/risk assessments.

## UK Updates

- Tri-county area case rates continue to decrease.
- Visit <https://coronavirus.data.gov.uk/> for latest case, hospitalization & death statistics, as well as a map displaying COVID activity level.

Area	(7 day case rate per 100K) / Trend (% Change from prev week)	% Tests Positive	CDC Community Level	Hotspots	
(U)					
Scotland	114  -19%			N/A	
Wales	13  -34%			N/A	
N Ireland	109  -4%			N/A	
England	70  -26%			N/A	
East of England	99  -18%			Low	N/A
Norfolk	63  -37%			N/A	
Suffolk	59  -32%			N/A	
Cambridgeshire	91  -25%	N/A			



# CDC Community Levels

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>

Low	Medium	High
<ul style="list-style-type: none"><li>• Stay <u>up to date</u> with COVID-19 vaccines</li><li>• <u>Get tested</u> if you have symptoms</li></ul>	<ul style="list-style-type: none"><li>• If you are <u>at high risk for severe illness</u>, talk to your healthcare provider about whether you need to wear a mask and take other precautions</li><li>• Stay up to date with COVID-19 vaccines</li><li>• Get tested if you have symptoms</li></ul>	<ul style="list-style-type: none"><li>• Wear a <u>mask</u> indoors in public</li><li>• Stay up to date with COVID-19 vaccines</li><li>• Get tested if you have symptoms</li><li>• Additional precautions may be needed for people at high risk for severe illness</li></ul>

People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask.

***Consult installation COVID directives for mask wear requirements on installations.***



# COVID-19 Vaccination

	<b>Pfizer-BioNTech</b>	<b>Pfizer-BioNTech</b>	<b>Moderna</b>	<b>Johnson &amp; Johnson's Janssen</b>
<b>Ages Recommended</b>	5-11 years old	12+ years old	18+ years old	18+ years old
<b>Primary Series</b>	2 dose, 3 weeks apart	2 dose, 3-8 weeks apart	2 dose, 4-8 weeks apart	1 dose
<b>Fully Vaccinated</b>	2 weeks after final dose in primary series	2 weeks after final dose in primary series	2 weeks after final dose in primary series	2 weeks after 1st dose
<b>Booster Doses</b>	Not recommended at this time	<p>One recommended at least 5 months after the final dose in the primary series</p> <ul style="list-style-type: none"> <li>-Pfizer-BioNTech COVID-19 vaccine for teens 12-17 years</li> <li>-Either Pfizer-BioNTech or Moderna COVID-19 vaccines for people ages 18+ years</li> </ul> <p>Adults ages 50+ can choose to receive a second booster at least 4 months after their first booster</p>	<p>One recommended at least 5 months after the final dose in the primary series</p> <ul style="list-style-type: none"> <li>-Either Pfizer-BioNTech or Moderna COVID-19 vaccine</li> </ul> <p>Adults ages 50+ can choose to receive a second booster at least 4 months after their first booster</p>	<p>One recommended at least 2 months after the first dose of a J&amp;J/Janssen COVID-19 vaccine</p> <ul style="list-style-type: none"> <li>-Either Pfizer-BioNTech or Moderna COVID-19 vaccine</li> </ul> <p>Anyone who received a J&amp;J/Janssen COVID-19 vaccine for both their first dose and booster may receive a second booster at least 4 months after their first booster</p> <ul style="list-style-type: none"> <li>-Either Pfizer-BioNTech or Moderna COVID-19 vaccine</li> </ul> <p>Adults ages 50+ can choose to receive a second booster at least 4 months after their first booster</p>