



RAFL/M COVID UPDATES (26 Jul 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:
 - Ensure 6 feet social distancing
 - Maximize ventilation indoors
 - 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!** Vaccination protects you & those around you. All DoD personnel/LNDH & beneficiaries 12 years & up are eligible! Schedule at <https://informatics-stage.health.mil/COVAX/>. See [COVID vaccine FAQs](#).
 - Plan travel w/ pre/post risk assessments. Follow [travel safety guidance](#)

UK Updates

- England further relaxed restrictions as part of final step in 4-step exit roadmap on 19 July, removing most legal restrictions. Legal requirements for isolation and quarantine remain & DoD/AF policy may now be more restrictive (e.g. mask wear). Installation COVID directives & updated travel risk assessment forms published last week.
- Highest rates continue & increased in ages 10-34 (nearly two-thirds of all cases this week)

Area	Community Transmission (Rate per 100K) / Trend (% Change)	Hotspots
Scotland	HIGH 227 -26%	
Wales	HIGH 198 +11%	
N Ireland	HIGH 499 +121%	North and southeast
England	HIGH 532 +33%	North, midlands & southwest, especially New Castle, Doncaster , Gloucestershire & Lincolnshire
East of England	HIGH 458 +57%	Essex
Norfolk	HIGH 350 +83%	
Suffolk	HIGH 302 +92%	
Cambridgeshire	HIGH 354 +55%	

Travel Abroad

- England has implemented "traffic light" system, with arrivals from "Green" countries not requiring post-travel quarantine. Status can change quickly & **England advises against non-essential travel to "Red" countries**. All arrivals from outside UK/Ireland continue to require pre- & post-travel tests. See slide 2. Lists were updated effective 19 July. **Destinations (even within UK) have entry restrictions/requirements & should be confirmed when making travel plans via DoD Foreign Clearance Guide, US State Dept & UK resources.**
- US cases further increased by 47% (driven by Delta variant mostly in areas with lower vaccination rates); hospitalizations & deaths again increased as well. Highest case rates in AL, AR, FL, LA, MS, MO, NV & OK, but are increasing in all states.
- Europe cases increased again this week; highest in UK, Cyprus, Denmark, Greece, Ireland, Luxembourg, Netherlands, Portugal, Spain & Russia (all but Luxembourg & Russia are increasing).

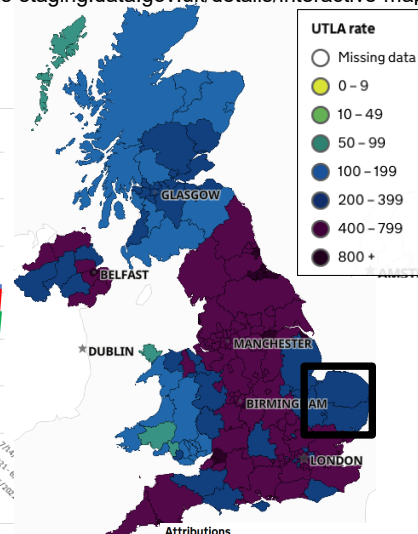
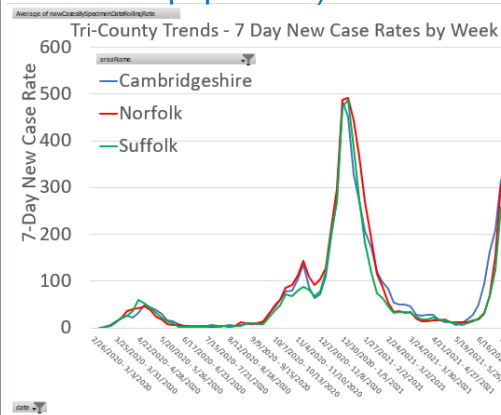


Epidemic curve trajectory categories*

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

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

7-Day COVID Rates (/100K population)





UK RESTRICTIONS

Tri-Base area currently England COVID alert

England Lockdown – Step 4

Protect Yourself & Your Community: Choose Safer Activities

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>

Unvaccinated People	Example Activities	Fully Vaccinated People	Unvaccinated People	Example Activities	Fully Vaccinated People
	Visit a barber or hair salon			Walk, run, wheelchair roll, or bike outdoors with members of your household	
	Go to an uncrowded, indoor shopping center or museum			Attend a small, outdoor gathering with fully vaccinated family and friends	
	Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households			Attend a small, outdoor gathering with fully vaccinated and unvaccinated people, particularly in areas of substantial to high transmission	
	Go to an indoor movie theater			Dine at an outdoor restaurant with friends from multiple households	
	Attend a full-capacity worship service			Attend a crowded, outdoor event, like a live performance, parade, or sports event	
	Sing in an indoor chorus				
	Eat at an indoor restaurant or bar				
	Participate in an indoor, high intensity exercise class				

Additional Current Info

- **The 48th 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>.

For more info on safe activities visit

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/going-out.html>

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England Arrivals Traffic Light System

Updated 19 July; lists updated every 3 weeks

Measure	Green Country	Amber Country	Red Country
Passenger Locator Form	✓	✓	✓
Pre-departure test at destination	✓	✓	✓
Hotel quarantine	✗	✗	10 days
At-home quarantine	* ✗	10 days**	N/A
Test-to-Release available?	N/A	Test after Day 5 *	✗
PCR testing	On or before Day 2	On or before Day 2	On or before Day 2
Further PCR testing	✗	Day 8**	Day 8

*Specifics/limitations in installation COVID directives

**Some exemptions for fully vaccinated individuals arriving from Amber locations. See installation COVID directives.