



RAFL/M COVID UPDATES (3 Jan 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
- Some may 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 COVID jabs and a booster!** Recommended for 5 years & older. Boosters recommended for ages 18 and up. (6 mos after Moderna/Pfizer or 2 mos after J&J primary series). Teens age 16-17 who received the Pfizer vaccine can receive a booster 6 months after completing the series.
Boosters critical to maximize protection against new highly transmissible Omicron variant (majority of infections in UK now).
 - Schedule at <https://informatics-stage.health.mil/COVAX/>. See [COVID vaccine FAQs](#).
- Follow [travel safety guidance](#) & plan travel w/risk assessments.

UK Updates

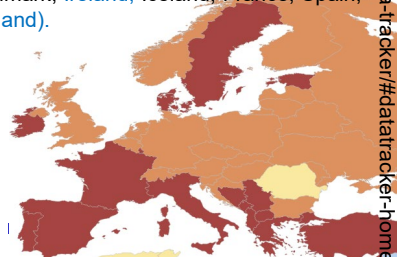
- Tri-county area continued significant case increases this week & are highest since start of pandemic. Highest regional rates in ages 10-49 (72% of cases this week); cases in nearly all age groups had sharp increases this past week, notably cases in ages 5-9 are very high but decreased.
- Highest rates continue in England and N Ireland, with continued increases in all England regions except London, down 15% but still most affected region along with Northwest.

Area	(7 day case rate per 100K) / Trend (% Change)	% Tests Positive	Community Transmission Assessment	Hotspots
(U)				
Scotland	1388 ▲ +62%		HIGH	Widespread
Wales	1721 ▲ +99%		HIGH	Widespread
N Ireland	1852 ▲ +110%		HIGH	Widespread
England	1385 ▲ +27%	22%	HIGH	Widespread
East of England	1456 ▲ +20%	23%	HIGH	Widespread
Norfolk	1190 ▲ +39%	17%	HIGH	Widespread
Suffolk	1136 ▲ +22%	18%	HIGH	Widespread
Cambridgeshire	1201 ▲ +17%	18%	HIGH	Widespread

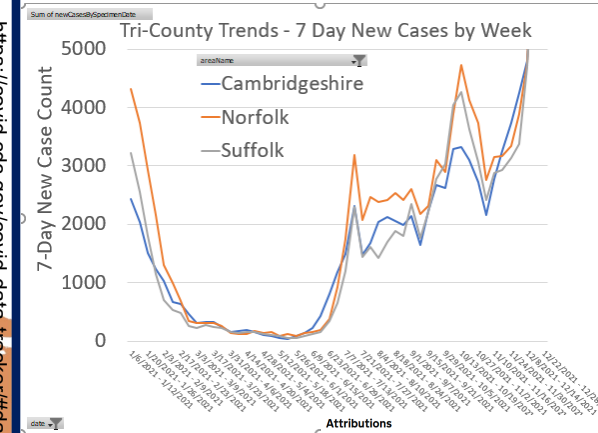
Travel Abroad

- England "traffic light" system: all travelers age 12 and up require test 2 days prior to arrival. Fully vaccinated arrivals from non-"red-list" countries require Day 2 PCR test & quarantine until negative result.
- Those 18 & over who are not fully vaccinated additionally require day 2/8 post-arrival PCR tests and quarantine for 10 days. **Destinations have entry restrictions/requirements (including vaccine booster/recency/brand) & must be confirmed when making travel plans via DoD Foreign Clearance Guide, US State Dept & UK resources.**
- US cases continued rapid increase. As of 30 Dec (last CDC report date), highest case rates in IL, MD, DE, NY, CT, MA, OH, FL, DC & northeast (highest in NJ).
- Europe cases rapidly accelerating (e.g. Denmark, Ireland, Iceland, France, Spain, Malta, Portugal, Luxembourg, Italy, Switzerland).

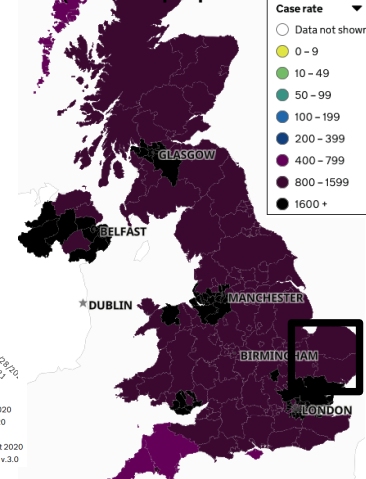
- Epidemic curve trajectory categories*
- <10 Cases in past 7 days
 - Low/Moderate Incidence, Decreasing
 - Low/Moderate Incidence, Increasing
 - Substantial/High Incidence, Decreasing
 - Substantial/High Incidence, Increasing



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



7-Day COVID Rates (/100K population)



- Attributions
- Contains HSCA names © Open Parliament copyright and database right 2020
 - Contains Ordnance Survey data © Crown copyright and database right 2020
 - Contains Royal Mail data © Royal Mail copyright and database right 2020
 - Contains Public Health England data © Crown copyright and database right 2020
 - Office for National Statistics licensed under the Open Government Licence v. 3.0

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



COVID-19 Booster Vaccines

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html?s_cid=11706:cdc%20covid%20booster:sem.ga:p:RG:GM:gen:PTN:FY22/

<p>IF YOU RECEIVED Pfizer-BioNTech</p>	<p>Who should get a booster:</p> <ul style="list-style-type: none"> Adults 18 years and older <p>Who may get a booster:</p> <ul style="list-style-type: none"> Teens 16-17 years old 	<p>When to get a booster:</p> <ul style="list-style-type: none"> At least 6 months after completing your primary COVID-19 vaccination series 	<p>Which booster can you get:</p> <ul style="list-style-type: none"> Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) are preferred in most* situations Teens 16-17 years old may get a Pfizer-BioNTech COVID-19 vaccine booster
<p>IF YOU RECEIVED Moderna</p>	<p>Who should get a booster:</p> <ul style="list-style-type: none"> Adults 18 years and older 	<p>When to get a booster:</p> <ul style="list-style-type: none"> At least 6 months after completing your primary COVID-19 vaccination series 	<p>Which booster can you get:</p> <ul style="list-style-type: none"> Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) are preferred in most* situations
<p>IF YOU RECEIVED Johnson & Johnson's Janssen*</p>	<p>Who should get a booster:</p> <ul style="list-style-type: none"> Adults 18 years and older 	<p>When to get a booster:</p> <ul style="list-style-type: none"> At least 2 months after receiving your J&J/Janssen COVID-19 vaccination 	<p>Which booster can you get:</p> <ul style="list-style-type: none"> Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) are preferred in most* situations

*Although mRNA vaccines are preferred, J&J/Janssen COVID-19 vaccine [may be considered in some situations](#).