RAFL/M COVID UPDATES (18 Jan 23)

Red text = updated info

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 (still 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.
    - Novavax COVID-19 vaccine (no fetal cell lines used in production) is now available at the 48 MDG A&I clinic.
    - Schedule a vaccination at https://informatics-stage.health.mil/COVAX/.
    - Follow travel safety guidance & plan travel w/risk assessments.

As of 10 Jan 2023, a memo from the Secretary of Defense rescinded the 2021 COVID-19 vaccination requirements for Armed Forces members. However, we (48 MDG) are awaiting implementation guidance and will update leadership as soon as it is available.

UK Updates

- Tri-county area case rates have increased, but are still the Community Levels are still considered **LOW/GREEN.**
- 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)	CDC Community Level	Hotspots
Scotland	43 ⬈ + 21%		N/A
Wales	28 ⬈ + 57%		N/A
N Ireland	109 ➡ 0%		N/A
England	66 ⬈ + 39%		N/A
East of England	79 ⬈ + 50%	Low	N/A
Norfolk	106 ⬈ + 58%		N/A
Suffolk	98 ⬈ + 50%		N/A
Cambridgeshire	84 ⬈ + 42%		N/A

CDC Community Levels

Low	Medium	High
• Stay up to date with COVID-19 vaccines • Get tested if you have symptoms	• If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautions • Stay up to date with COVID-19 vaccines • Get tested if you have symptoms	• Wear a mask indoors in public • Stay up to date with COVID-19 vaccines • Get tested if you have symptoms • Additional precautions may be needed for people at high risk for severe illness

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.