

COVID-19 Update for UK Employees | 13/04/2021

Twice weekly covid tests now available for all households

The Government has extended its testing programme and everyone in England is now able to access two free rapid Covid tests a week. Rapid testing detects cases quickly, meaning positive cases can isolate immediately, and by making these tests available to everyone, more cases will be detected, breaking chains of transmission.

People can take the test at home using the NHS's home ordering service or collect from local test sites and participating pharmacies. Find out where you can obtain these free tests [here](#).

These rapid lateral flow tests show results in under 30 minutes. If you get a positive test you should self-isolate and then get a PCR test to confirm the result. Lateral flow tests are not 100% accurate but very good at identifying those who are the most capable of passing on the virus.

The RRT would recommend that as many employees, contractors, and their family members as possible utilise these free tests. As restrictions ease and inter-household mixing becomes more common, it is an important way to protect yourself, your family, and your colleagues.

To find out more information about the free Covid tests available for everyone in England, visit [here](#).

As restrictions ease, remember the Four Behaviours

This week sees the country reach the next stage in the roadmap out of lockdown, as non-essential shops reopen, as well as hospitality venues for outdoor dining.

We understand that after such a long period of lockdown many will want to meet up with friends, do some shopping, or get a much-needed haircut! However, please don't forget that the threat of the virus is still very real. We must all continue to follow the COVID-19 guidelines, particularly around social distancing and personal hygiene.

Sticking to the Four Behaviours that Save Lives will protect ourselves and others from the virus, and also ensure no further lockdowns are needed. Please remain vigilant and considerate of others, both when you are at work, and when you are out and about in the community.

STEP 2

At least five weeks after Step 1, no earlier than 12 April.

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|  Indoor leisure (including gyms) open for use individually or within household groups. |  Rule of 6 or two households outdoors. No household mixing indoors. |  Outdoor attractions, such as zoos, theme parks and drive-in cinemas. | |
|  Libraries and community centres. |  Personal care premises. |  All retail. |  Outdoor hospitality. |



BEHAVIOURS THAT SAVE LIVES

Employee Assistance Programme

Free, confidential support and counselling available for all employees

If you're worried about a work, family or personal issue then the Employee Assistance Programme can help, 24/7.

Support with everything from consumer rights to bereavement, depression & anxiety to childcare.

Visit www.lifestyle-support.co.uk (username: cemex / password: cemex) or call 0808 1682143