

## COVID-19 Update for UK Employees | 28/04/2021

### Stay safe this Bank Holiday Weekend

As we approach the first bank holiday weekend in May, the RRT wants to encourage all employees to remain alert to the risk of Coronavirus. While figures nationally are decreasing the virus has not disappeared and can still be caught and passed on to others.

Please be extra careful both inside and outside of work by following the **FOUR BEHAVIOURS THAT SAVE LIVES:**

1. **Identify Symptoms and inform.** Recognise the symptoms of COVID-19, and be responsible – utilise the free lateral flow tests available for use at home
2. **Personal Hygiene.** Wash your hands as often as possible, and make sure your families do the same.
3. **Physical Distance.** Maintain a safe physical distance from others and ensure you only socialise outside, in line with Government guidelines
4. **Protect yourself and others.** Anytime you leave your home, please use a facemask and any other PPE as required.

**Over the last week, we have again seen a case in the business where someone has caught the virus despite having had the vaccine several weeks previously.**

Remember that the vaccine does not provide complete protection; you can still catch it and pass it on to others.

We understand that as lockdown measures ease and the weather improves people want to spend time with their friends and family and make the most of the increased freedoms. However, we all have a duty to act responsibly and be considerate of others. Remember that being careful now will help the numbers of cases to remain low and ensure we don't have further lockdowns.



**1 IDENTIFY SYMPTOMS AND INFORM**



**2 PERSONAL HYGIENE**



**3 PHYSICAL DISTANCING**



**4 PROTECT YOURSELF AND OTHERS**



**Additionally, we want to strongly urge all employees to utilise the FREE RAPID LATERAL FLOW TESTS now available** for all those in England. We understand these are more difficult to get hold of in Wales and Scotland but they are certainly worth it if you can; over the last week, three positive cases in our business were caught by people taking the test at home. They were asymptomatic so the test was vital to ensuring they self-isolated and didn't pass the virus on to anyone else.

In line with Government guides, we recommend that everyone takes a rapid lateral flow test twice a week (every 3 or 4 days). These 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. People can take the test at home using the NHS home ordering service or collect from local test sites and participating pharmacies. Find out where you can obtain these free tests [here](#).

## 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.

