

COVID-19 Update for UK Employees | 11/06/2021

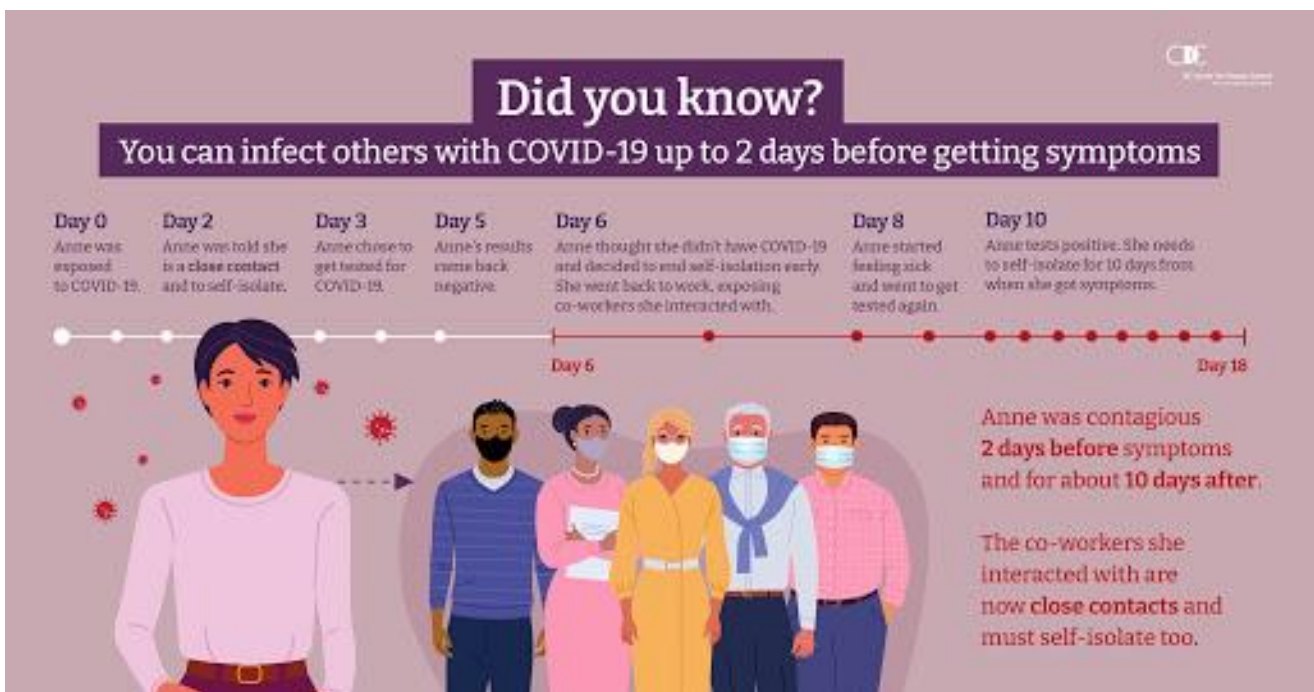
Importance of self-isolation after close contact

As lockdown measures are lifted it can be easy to think things are returning to normal. However, it is vital that we all continue to follow the required government guidance, including the need to self-isolate after close contact with someone who has tested positive for the virus.

If you are told that you have been in contact with someone who has tested positive, for instance at work, a family member or person in your support bubble, then you must self-isolate for ten full days after you were last with that person.

The useful graphic below details why this is so important, while overleaf is guidance about what to do if someone in your family gets sick. Please ensure you follow self-isolation requirements and help to keep your families, colleagues and friends safe.

For more information about when to self-isolate, visit [here](#).



Remember your second vaccination

The UK's Covid vaccination programme continues at pace, with over 77.6% of the adult population having already received their first dose and 54.8% fully vaccinated. We wanted to remind all employees to book and attend their second vaccination appointment when available. While one dose of the vaccine provides some immediate protection, it is also vital that people attend for their second dose; having two doses leads to a stronger, better immune response from your body and a longer-lasting protection. It also further reduces the risk of transmission, helping to protect your friends, families and colleagues.

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.

WHAT HAPPENS IF SOMEONE IN YOUR FAMILY GETS SICK?



DAY	MUM	CHILD 1	CHILD 2	DAD	
0	Gets sick, triggering 10 day isolation for herself and her household		I		
1			I		
2				I	
3			Gets sick, starts 10 day count	I	
4				I	
5				I	
6				I	
7				I	
8			I		
9			I		
10			V		
11	Isolation ends		No symptoms, isolation ends	Gets sick, starts 10 day count	
12					
13		Isolation ends			
14					
15					
16					
17					
18					
19					

ANYONE WITH SYMPTOMS SHOULD KEEP AT LEAST 2M DISTANCE FROM OTHER PEOPLE IN THE HOUSE WHERE POSSIBLE

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

