

COVID-19 Update for UK Employees | 14/01/2022

Change to guidance around self-isolation

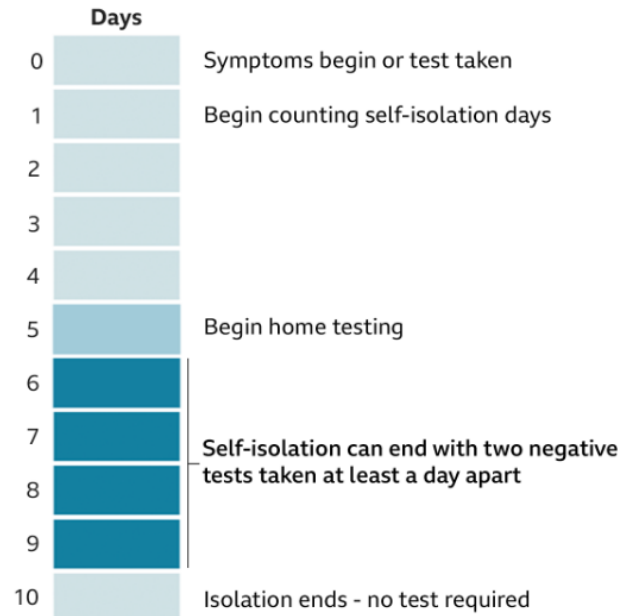
The Government has announced that from Monday 17 January the self-isolation period for Coronavirus in England will be reduced further.

From next week, those who test positive or display symptoms will be able to leave self-isolation after five full days if they get two negative lateral flow tests, 24 hours apart.

This means:

- The day symptoms begin or a person tests positive is day zero. The next day is day one of their isolation period.
- They can take their first test on day five. If it is negative, they can take another test 24 hours later on day six. Assuming this is also negative - and they do not have a temperature - they can immediately leave isolation.
- If they test positive, they can continue to take tests between days 5 and 9 until they get two consecutive negative results 24 hours apart.
- Once they reach the 10th full day of isolation no further tests are required – people can leave self-isolation without testing.
- This guidance applies to all, whether they are vaccinated or unvaccinated.

How five-day isolation rule works in England



Source: NHS

BBC

This useful graphic from the BBC (pictured right) details the new requirements. For further detail please visit [here](#).

The RRT has discussed these changes this morning and we can confirm that this new guidance will be followed in our operations. Please note: currently this change to guidance only applies to those who live in England.

If you have any questions please speak to a member of the Health and Safety team.

Covid travel restrictions between the UK and France eased

From today, people travelling from the UK to France will no longer have to self-isolate on arrival or show proof that their trip is essential – this means travel for tourism and business reasons is no longer prohibited.

Visitors must provide a negative PCR or antigen test result taken within 24 hours pre-departure if aged 12 years and over and complete a 'sworn statement' form self-certifying they are not suffering from symptoms associated with Coronavirus and have not been in contact with confirmed cases in the preceding fortnight.

Please note that the easing of these restrictions only applies to those who are fully vaccinated. Isolation for 10 days on arrival is still in place for those who are unvaccinated, alongside certain other requirements.

Visit [here](#) for more information.

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

