



Keeping yourself and others safe from Covid 19

There are still cases of COVID-19 and there is a risk you could catch or pass on the virus, even once you are fully vaccinated. This means it is important that you understand and consider the risks of catching or spreading COVID-19 in all situations.

While no situation is risk free, there are easy and effective actions you can take to protect yourself and others around you.

If you are worried there is information from the NHS on [how to cope with anxiety about lockdown lifting](#).

Get vaccinated

All adults have now been offered at least 2 doses of a COVID-19 vaccine. The vaccines are safe and effective. Getting fully vaccinated is the best way of protecting you and others against COVID-19.

If you have not yet received the COVID-19 vaccine, you should [get vaccinated](#). Evidence indicates that 2 doses of a COVID-19 vaccine provide highly effective protection against hospitalisation.

Through the coming winter, you should also get a booster vaccine for COVID-19 when offered. Winter is a tough time when our immunity is weaker. Getting the booster vaccine is an essential part of ensuring immune defence this season.

However, even if you have been fully vaccinated, you could still get COVID-19 and pass it on to others. Whilst the vaccines provide an elevated level of protection against severe disease, hospitalisation, and death. **We all need to do what we can to reduce the spread of COVID-19 to protect others and to reduce the risk of new variants developing and spreading.**

Following the advice in this guidance will help you to protect your friends, family, and communities, including those who have been vaccinated.

If you have symptoms or test positive

If you develop [COVID-19 symptoms](#), self-isolate immediately and [get a PCR test](#), even if your symptoms are mild. This is because many people experience mild symptoms from COVID-19 but may still pass on the virus to others.

The most important symptoms of COVID-19 are recent onset of any of the following:

- a new continuous cough
- an elevated temperature

- a loss of, or change in, your normal sense of taste or smell

You should self-isolate at home while you [get a PCR test](#) and wait for the results. You must self-isolate if you test positive. You must self-isolate from the day your symptoms started and the next 10 full days, or from the day your test was taken if you do not have symptoms and the next 10 full days. This is the law, regardless of whether you have been vaccinated. Self-isolating is important because you could pass the infection on to others, even if you do not have symptoms. You must isolate for the full amount of time you are told to, because this is the period when the virus is most likely to be passed on to others.

If you have received a positive rapid lateral flow test result but do not have any of the main symptoms of COVID-19, you should report your result and self-isolate. You do not need to take a follow-up PCR test.

If you are told to self-isolate by NHS Test and Trace

You must also self-isolate if you are told to do so by NHS Test and Trace. Find out:

- [what you should do if you live in the same household as someone who has tested positive](#)
- [what you should do if you've come into contact with someone outside your household who has tested positive](#)

Guidance on self-isolating

When self-isolating, follow the:

- [stay at home guidance for people with suspected or confirmed COVID-19](#)
- [stay at home guidance for non-household contacts of people with confirmed COVID-19](#)

Let fresh air in if you meet indoors. Meeting outdoors is safer

When a person infected with COVID-19 coughs, talks, or breathes, they release droplets and aerosols which can be breathed in by another person. Meeting outdoors vastly reduces the risk of airborne transmission, but this may not always be possible. If you are indoors, you should let fresh air in to reduce the risk of catching or spreading COVID-19.

The more fresh air you let into your home or other enclosed spaces, the less likely a person is to inhale infectious particles.

You can let in fresh air by uncovering vents and opening doors and windows. Opening your windows for just 10 minutes, or a small amount of time continuously where you can, makes a significant difference. This is particularly important before, during, and after meeting people you do not live with indoors.

Do not prop fire doors open. If you have an extractor fan at home, for example in your bathroom or kitchen, think about leaving it running for longer than usual with the door closed after someone has used the room. If you are concerned about the costs of heating, opening windows for shorter periods of time can still help to reduce the risk of the virus spreading. Wearing extra layers can help you to keep warm. You may be able to change the

layout of your room so that you do not sit close to cold draughts from open windows or doors.

Wear a face covering

Face coverings will be required by law in most indoor public places and on public transport, including taxis. [See a full list of places where you must wear a face covering.](#)

There are some exemptions. You do not have to wear a face covering in hospitality settings such as cafés, restaurants, and pubs. This is because it is not practical to keep removing face coverings to eat or drink.

Settings which are exempt from wearing a face covering include:

- Restaurants, cafés, and canteens
- Bars and shisha bars
- Gyms & exercise facilities
- Photography studios
- Nightclubs, dance halls and discotheques

In indoor settings where a face covering is not legally required, you should continue to wear a face covering in crowded and enclosed spaces where you may encounter other people you do not normally meet.

Required use of the NHS COVID Pass

Certain venues and events will be required by law to check that all visitors aged 18 years or over are fully vaccinated (currently a full course of vaccination without the need for a booster, but this will be kept under review), have proof of a negative test in the last 48 hours, or that they have an exemption. This means that those aged 18 years or over must show their NHS COVID Pass, or an alternative proof of a negative test result, such as an NHS Test and Trace email or text proof, to enter these venues.

You can access your NHS COVID Pass through:

- the [NHS App](#)
- [NHS.UK](#)

The use of the NHS COVID Pass is required as a condition of entry into the following places:

- nightclubs, dancehalls, and discotheques.
- other late night dance venues. These are any other venues that are:
 - open between 1am and 5am.
 - serve alcohol during this time.
 - have a dancefloor (or designated space for dancing); and
 - provide music, whether live or recorded, for dancing.
- indoor events with 500 or more unseated attendees, where those attendees are likely to stand or move around for all or part of the event, such as music venues with standing audiences or large receptions.

- outdoor events with 4,000 or more unseated attendees, where those attendees are likely to stand or move around for all or part of the event, such as outdoor festivals; and
- any events with 10,000 or more attendees indoor or outdoor, such as large sports and music events

There are some settings that will be exempt from requirements to use the NHS COVID Pass including communal worship, wedding ceremonies, funerals and other commemorative events, protests, and mass participation sporting events.

[Find out more about using the NHS Covid Pass.](#)

Take a test if you do not have symptoms to help manage your risk

Around 1 in 3 people with COVID-19 do not have any symptoms. This means they could be spreading the virus without knowing it. Testing regularly increases the chances of detecting COVID-19 when you are infectious but are not displaying symptoms, helping to make sure you do not spread COVID-19 by staying at home and self-isolating immediately.

Rapid lateral flow testing continues to be available free of charge. You can get tests from pharmacies or online. [Find out more about how to get rapid lateral flow tests.](#)

You are at higher risk of catching or passing on COVID-19 in crowded and enclosed spaces, where there are more people who might be infectious and where there is limited fresh air.

You may wish to take a rapid lateral flow test if it is expected there will be a period of elevated risk that day. This is particularly important if you expect that there will be a period of elevated risk that day. This includes spending time in crowded and enclosed spaces, or before visiting [people who are at higher risk of severe illness if they get COVID-19](#). Report your result and if positive, self-isolate immediately and take a PCR test.

Stay at home if you are feeling unwell

If you develop [COVID-19 symptoms](#), self-isolate immediately and [get a PCR test](#), even if your symptoms are mild. You should self-isolate at home while you book the test and wait for the results. You must self-isolate if you test positive.

If you feel unwell but do not have COVID-19 symptoms, or your COVID-19 test is negative, you may still have an illness which could be passed on to other people. Many common illnesses, like the flu or the common cold, are spread from one person to another.

Staying at home until you feel better reduces the risk that you will pass on an illness to your friends, colleagues, and others in your community. This will help reduce the burden on our health services.

Use the NHS COVID-19 app

The app also allows people to report symptoms and order coronavirus tests. To help protect yourself and others, [download and use the latest version of the NHS COVID-19 app](#).

Limit close contact with other people

When someone with COVID-19 breathes, speaks, coughs or sneezes, they release particles containing the virus that causes COVID-19. These particles can be breathed in by another person.

You may choose to limit the close contact you have with people you do not usually live with. You may also choose to take a lateral flow test before being in close contact and encourage those people you are meeting with to do so, which will help to manage periods of risk. This includes close contact in a higher risk environment, or when spending prolonged periods of time with a vulnerable individual.

These are personal choices which can help reduce your risk of catching or spreading COVID-19. It is important to consider that others may wish to continue to take a more cautious approach. We should all be considerate of this and provide the opportunity and space for others to reduce close contacts if they wish.

Wash your hands regularly and cover coughs and sneezes

Wash your hands with soap and water or use hand sanitiser regularly throughout the day. Regular hand washing is an effective way to reduce your risk of catching illnesses, including COVID-19.

It is particularly important to wash your hands:

- after coughing, sneezing, and blowing your nose
- before you eat or handle food
- after coming into contact with surfaces touched by many others, such as handles, handrails and light switches
- after coming into contact with shared areas such as kitchens and bathrooms
- when you return home

Where possible, avoid touching your eyes, nose, and mouth. If you do need to touch your face, for example to put on or take off your face covering, wash or sanitise your hands before and after.

If you are pregnant

If you are pregnant, your chance of getting COVID-19 is not higher than anyone else and it is very unlikely you will get seriously ill with it.

As a minimum, you should follow the same guidance as everyone else. If you are more than 28 weeks pregnant, or if you are pregnant and have an underlying health condition that puts you at a greater risk of severe illness from COVID-19 at any point in pregnancy, you may want to consider limiting close contact with people you do not normally meet with regularly.

If you have any further concerns or are unsure, on any of the above please contact Mike or Kevin

<https://grassmarket.org/>