

Latest COVID-19 Guidance (Released on 22.09.20)

- The Prime Minister has confirmed that pubs will have to close from 10pm and that table service will be required.
- The Prime Minister says the government will spare no effort, but if things don't improve, the measures could last for up to six months
- Staff working in hospitality and retail sectors will now need to wear masks, as well as passengers in taxis
- From Monday the 28th of September, a maximum of 15 people can attend weddings. However, 30 people can still attend funerals
- The exemptions to the "rule of six" will be cut down. For example, people doing indoor team sports will now not be allowed
- Office workers who can work from home have been urged to do so
- The £10,000 fines imposed on those who do not quarantine will now be applied to non-compliant businesses
- The penalty for failing to wear a mask or break the "rule of six" will double to £200

NHS COVID-19 App and NHS QR Codes for venues

The the **NHS COVID-19 App** and **NHS QR Codes for venues** have now been released. These tools are part of the large-scale COVID-19 testing and tracing programme called **NHS Test and Trace** and we need to encourage as many people as possible in Birmingham to start using them.

The App will be used to notify users if they come into contact with someone who later tests positive for COVID-19. It also alerts people at risk of COVID-19, asking them to isolate before they potentially pass the virus on to others, as well as providing local area alerts and QR venue check-in. The App is vital as it will help the NHS to understand if the virus is spreading in a particular area. This will help local authorities can respond to it quickly, stop it spreading further and ultimately save lives. The app can do all this whilst also protecting the user's anonymity – no one, including the government, will know who or where a particular user is.

The key messages that we currently need you to conveyed to family, friends and your community regarding the NHS COVID-19 App and NHS QR Codes for venues are:

- **Download the NHS COVID-19 App today – it's the simplest way to protect yourself and those you love**
- **The new NHS COVID-19 App is the fastest way of knowing when you're at risk of Coronavirus**
- **Create a Coronavirus NHS QR Code for your venue**

*The **NHS COVID-19 App** can be downloaded now from:*

Google play store: <https://play.google.com/store/apps/details?id=uk.nhs.covid19.production>

Apple app store: <https://apps.apple.com/us/app/id1520427663>

NHS QR Codes for venues:

Businesses can now use an online service to create a QR code to be put on display in their venue. Visitors can scan the QR code when they arrive, using the NHS COVID-19 App. This is also a key element in helping to trace and stop the spread of COVID-19.

If you know a venue owner, or visit a venue where they are not displaying a QR code, please make them aware that venues should create and display a QR code if they are:

- A business, place of worship or community organisation with a physical location that is open to the public
- An event which is taking place in a physical location

If owners have more than one venue, they need to create separate QR codes for each location. Users can add multiple locations in the service.

QR posters can be created by visiting: <https://www.gov.uk/create-coronavirus-qr-poster>

Key COVID-19 Messages

Help control the virus

To protect yourself and others, when you leave home you must:

- Wash your hands - keep washing your hands regularly
- Cover your face - wear a face covering over your nose and mouth in enclosed spaces
- Make space - stay at least a metre away from people who do not live in your household

If you are feeling unwell, book a test as soon as possible and do not leave home for at least 10 days

COVID-19 Symptoms

The main [coronavirus symptoms](#) are:

- A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- A loss or change to your sense of smell and/or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least one of these symptoms.

What to do if you have coronavirus symptoms

If you have [symptoms of coronavirus](#), it is important that you get tested. Anyone can get a test, but you need to get the test done in the first 5 days of having symptoms. If you do not have symptoms, you can only get a test if your hospital has told you to get one.

Here are the steps that you need to follow should you develop any [symptoms of coronavirus](#):

Step 1	Step 2	If you test negative for COVID-19	If you test positive for COVID-19
Start isolating You for 10 days Your household for 14 days	Book a test Visit the NHS website . Or call 119.	Household stops isolating immediately You stop isolating if you feel well	Share contacts via NHS Test and Trace

If you get symptoms of coronavirus

If you get any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste):

- You must [self-isolate](#)
- [Get a test to check if you have coronavirus](#) as soon as possible

- Anyone you live with – or any one in your [support bubble](#) - must self-isolate until you've been tested and received your result

Booking a COVID-19 Test

To [book a test](#), visit the [NHS website](#) or call 119

You will be asked how you want to get the test. You can:

- Book an appointment at a drive-through or walk-through test site
Video: [Getting a test at a drive-through site](#)
- Order a home test kit – this will be delivered to your home
Video: [How to use a home testing kit](#)

What test you can book/order depends on the number of days that have passed since your symptoms started

1 to 4 days:	Book a drive-through or walk-through test at a test site or order a home test kit. Order the kit by 3pm on day 4 to make sure you can do the test in the first 5 days.
5 days:	Book a test at a test site. It's too late to order a home test kit.
6 or more days:	It's too late for a test.

If you test negative (i.e. the test did not find coronavirus):

You do not need to self-isolate if your test is negative, as long as:

- Everyone you live with who has symptoms tests negative
- Everyone in your support bubble who has symptoms tests negative
- You were not told to self-isolate for 14 days by NHS Test and Trace – if you were, see [what to do if you've been told you've been in contact with someone who has coronavirus](#)
- You feel well – if you feel unwell, stay at home until you're feeling better
- If they do not have symptoms, anyone you live with can stop self-isolating
- If they do not have symptoms, anyone in your support bubble can stop self-isolating

If you test positive (you have coronavirus):

- Self-isolate for at least 10 days from when your symptoms started – even if it means you're self-isolating for longer than 14 days
- Anyone you live with must self-isolate for 14 days from when your symptoms started
- Anyone in your support bubble must self-isolate for 14 days from when your symptoms started

What to do if you have been in close contact with somebody who tests positive

Step 1	Step 2	Step 3	If you test negative for COVID-19	If you test positive for COVID – 19
You may	isolate for 14	if you	You complete 14 day	You begin a new 10 day

be alerted by NHS Test and Trace	days after close contact	develop symptoms Book a test Your household isolates for 14 days	isolation Household stops isolating immediately	isolation Household completes 14 day isolation
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How NHS Test and Trace will contact you

You'll be contacted by email, text or phone. Text messages will come from NHStracing / Calls will come from 0300 0135000. Children under 18 will be contacted by phone wherever possible and asked for their parent or guardian's permission to continue the call.

You'll also be asked to sign in to the NHS Test and Trace contact tracing website at <https://contact-tracing.phe.gov.uk>.

On the contact tracing website, you'll be asked for information including:

- Your name, date of birth and postcode
- If you live with other people
- Any places you've been recently, such as a workplace or school
- Names and contact details of any people you were in close contact within the 48 hours before your symptoms started (if you know these details)

If you cannot use the contact tracing website, a member of Test and Trace staff will call you.

If you're told you've been in contact with a person who has coronavirus:

- Stay at home ([self-isolate](#)) for 14 days from the day you were last in contact with the person – it can take up to 14 days for symptoms to appear
- do not leave your home for any reason – if you need food or medicine, order it online or by phone, or ask friends and family to drop it off at your home
- Do not have visitors in your home, including friends and family – except for essential care
- Try to avoid contact with anyone you live with as much as possible
- People you live with do not need to self-isolate if you do not have symptoms
- People in your support bubble do not need to self-isolate if you do not have symptoms

If you get symptoms of coronavirus

If you get any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell and/or taste):