

# Public Health

# Living safely with COVID-19

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# Living safely with COVID-19

On the 21<sup>st</sup> February 2022 the government set out the next phase of the COVID-19 response.

- COVID-19 will be a virus that we will have to learn to live with safely. COVID-19 is still wide in circulation and can make vulnerable people very ill.

## Living with COVID-19 plan

### From 24 February 2022:

- People with COVID-19 will no longer be legally required to self-isolate
- Until 1<sup>st</sup> April, people who test positive are strongly advised to stay at home and avoid contact with others for at least five full days, until they receive two negative test results on consecutive days.
- Self-isolation support payments of £500 for those on low incomes will no longer be available
- Routine contact tracing will end - people in contact with someone with COVID-19 will no longer be advised to self-isolate or take daily tests
- Workers will no longer be required to tell their employer if they need to self-isolate

# Living with COVID-19 plan – continued

## From 1 April in England :

- COVID-19 tests will no longer be free for most people
- The use of Covid passports will no longer be recommended, except for international travel
- Employers will no longer have to consider Covid as a separate risk when working out how to keep employees safe

# Steps you can take to reduce the risk of catching and spreading COVID-19

## **Safer behaviours:**

- Good hygiene – to include frequent hand washing ( 20 seconds with soap and water) and respiratory hygiene ‘Catch it, bin it, kill it’
- Get vaccinated – We recommend that everyone who is eligible for the vaccine to take up the offer. You can find more information on this on the South West London CCG website [swlondonccg.nhs.uk/covid/](https://swlondonccg.nhs.uk/covid/)
- Wear a face covering in crowded spaces, including shops and public transport.
- Ventilation – let fresh air in if meeting indoors
- Stay at home if you feel unwell. Follow public health advice on testing and self-isolation if you have a positive test or have COVID-19 symptoms.