CLOSE CONTACTS LETTER 4A

Dear <Name>,

We have been notified on of a Positive Covid case on Campus in the <Building>. The affected individual was last on campus on <date>. You have been identified as a close contact of the individual and as such we are making the following recommendations:

* **If not fully vaccinated, you MUST self-isolate for 10 days from contact and you should also book a PCR test**
* You do not have to self-isolate or stay at home. However **you should book a PCR test**, even if you do not have symptoms. You’re not required to self-isolate while you wait for the results of the PCR test.
* You should assess your own risk and if you develop symptoms you should self-isolate immediately before taking the PCR test. If you or anyone in your household does develop symptoms, you can seek advice from NHS 111 [online](https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/main-symptoms/) or by phoning 111. **A number of people frequently present with a wider range of symptoms. If you have wider symptoms or are in any doubt, you can register for a** [**PCR test online**](https://www.gov.uk/get-coronavirus-test)**.** [Please make sure you complete our short survey if you test positive.](https://www.qualtrics.manchester.ac.uk/jfe/form/SV_ero5ZwsafR9UW90)
* You can order a PCR home test kit or book an appointment at a walk-in or drive-through test site.
* Please remember to wipe down work areas as standard, practice social distancing and use masks as per University guidelines.

**How to stop COVID-19 spreading**

There are things you can do to help reduce the risk to you and the spread of COVID-19:

* Get vaccinated – please [book your COVID-19 vaccination appointments](https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/) and [‘fluvac](https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/) now. This includes boosters and third doses for those eligible. Manchester has a number of sites for staff and students available [here](https://secure.manchester.gov.uk/info/500362/covid-19/8079/covid-19_vaccination_programme).
* Wash your hands with soap and water or use hand sanitiser regularly throughout the day
* Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
* Put used tissues in the bin immediately and wash your hands afterwards
* Meet people outside and avoid crowded areas
* Open doors and windows to let in fresh air if meeting people inside
* Wear a face covering when it's hard to stay away from other people – particularly indoors or in crowded places
* Participate in twice weekly [Lateral Flow Device testing](https://www.manchester.ac.uk/coronavirus/support-current-students/covid-19-testing/). We encourage you to log your results [here](https://log-coronavirus-test-site-results.service.gov.uk/).
* If you develop symptoms of COVID-19 you must stay at home and arrange a test for COVID-19. You can find further information or check your symptoms at [NHS 111 online](https://111.nhs.uk/covid-19/).

**Further Information**

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/> and our [website](https://www.manchester.ac.uk/coronavirus/support-current-students/covid-19-testing/).

There is a risk you could still catch or pass on COVID-19, even if you are fully vaccinated. You should exercise caution and consider the risks. If you have any further queries please let me know. Do keep me updated regarding test results.

Best wishes,

<Name>

University of Manchester COVID-19 Support Team