

## Coronavirus (COVID-19) Guidance June 2024

In Scotland for the general public, all covid rules and restrictions have been lifted, but the virus has not gone away and infection prevention and control guidance remains in place. Everyone is urged to get their Covid vaccinations when offered to ensure they are fully protected and to care for yourself and others to help slow down the spread of the virus and reduce pressure on our health services.

Everyone is urged to stay at home and avoid contact with other people if they are unwell with symptoms of a respiratory infection and have a high temperature or do not feel well enough to go to work or carry out normal activities.

The version of the Covid-19 virus behind the latest spike in infections shares many of the same symptoms as earlier variants i.e. a sore throat, fatigue, headache and a cough. Differences in the symptoms often depend on a person's underlying health and their immune system. Other possible symptoms include high temperature, fever or chills; congestion or runny nose; muscle aches; difficulty breathing; new loss of taste or smell; some people experience diarrhoea.

To prevent the spread of infection, you should stay at home and avoid contact with other people if you're unwell. If you have respiratory symptoms:

- stay away from people at increased risk of becoming more unwell from coronavirus
- do not visit hospitals or care homes

To reduce the spread of infection if you have symptoms:

Do

- stay at home until you no longer have a fever (if you had one) and don't need medicine to control your fever
- if you've been asked to attend a medical or dental appointment in person, tell them about your symptoms or positive test
- tell people you have recently been in contact with that you're feeling unwell or have tested positive so they can be aware of symptoms, especially if they're at increased risk of becoming more unwell from coronavirus
- ventilate rooms you have been in by opening windows
- regularly clean frequently touched surfaces, such as door handles and remote controls, and shared areas such as kitchens and bathrooms
- cover your mouth and nose when you cough or sneeze
- wash your hands regularly with soap and water for 20 seconds or use hand sanitiser after coughing, sneezing, blowing your nose, and before you eat or handle food
- tell anyone who needs to come into your home that you have symptoms or have tested positive so they can protect themselves

Don't

- do not have close contact with anyone who is at increased risk of becoming more unwell from coronavirus, especially individuals with a weakened immune system, if you can avoid it
- do not go to crowded places or anywhere that is enclosed or poorly ventilated if you do leave home

Thank you for your efforts and compliance with the Covid guidance Aspire has sent to date. We really appreciate the professionalism and commitment our staff have shown.