COVID-19

Contact Tracing Overview

Level 2: An overview of contact tracing, how it works from NHS Test and Trace through to the local level
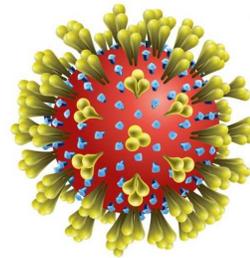
Updated 08/09/2021

One of the ways we protect the public from infectious diseases like novel coronavirus (COVID-19) is contact tracing.

undertake contact tracing to prevent the infection spreading further. Contact tracing is a fundamental part of outbreak control that's used by public health professionals around the world.

If a person tests positive for novel coronavirus, we speak to the patient to identify anyone who has had close contact with them during the time they are considered to be infectious and go all out to find these people as soon as possible. Once we have made contact with them we can then give them the advice they need. If they are in groups considered to be a higher risk, we make sure that we follow up with them on a daily basis to see how they are. If they become unwell we are then able to assess them quickly and take appropriate action.

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Cambridgeshire County Council

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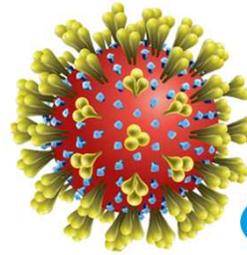Support Hub
Road Map Step 4

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Background: *The virus and disease*

COVID-19:
name of the disease caused by the virus SARS-Cov-2

SARS-CoV-2:
Severe acute respiratory syndrome coronavirus 2
first detected in Wuhan City, China in December 2019

The virus and the disease

The name for the virus is **Covid-19**. This is made from the following:

COV stands for Coronavirus
D stands for disease
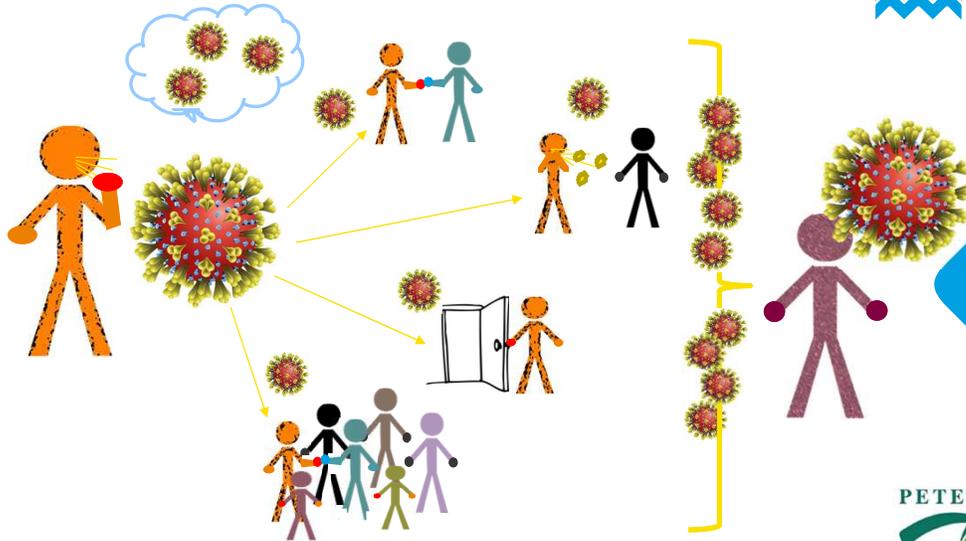**19** for the year it was detected, 2019

SARS –CoV-2 Is the actual virus.

SARS stands for **S**evere **A**cute **R**espiratory **S**yndrome
CoV for Coronavirus
2 is because it is similar to another Coronavirus outbreak in China, SARS-CoV in 2003, so the 2
references being a 'relative' or the second to that outbreak

Covid Overview: *Transmission Routes*

Transmission is mostly through close person-to-person contact through respiratory droplets and enters through the nose, mouth and eyes :

- By coughing, sneezing, talking, laughing, singing
- through touching surfaces containing the virus
- Groups create a perfect environment for transmission due to close proximity

Can also spread through airborne transmission, when droplets remain in the air after the person with the virus leaves the area.

Ref: Covid-19 Contact Tracing. https://www.coursera.org/learn/covid-19-contact-tracing/lecture/1vwF0?t=447

The reproductive number (the R naught), which represents how quickly a disease can spread, for SARS-CoV-2 is 2 -3, meaning that for every one person that has the virus they can potentially infect 2 to 3 other people. The higher the reproductive number, the more people will be infected over the course of any outbreak.

2 – 3 may sound small but if everyone who a positive Covid-19 person comes into contact with becomes infected it means everyone they meet they carry a risk of infecting 2 more, and so on, which means the virus quickly spreads and a number that seemed so small is now huge and creating outbreaks. As you can see in the picture one person could effectively create a cascade of infection of 30 people which continues.

The number is important because specialists are using R - naught for determining whether their respective COVID-19 outbreaks are growing, shrinking and or holding steady. R - naught is not a fixed number. It's a starting point that's influenced by many factors, including human behaviour.

This is where social distancing and self-isolation comes into play, because if you could reduce the number of people you come into contact with, even by one, you are reducing the spread from 30 potential infected to 4, as the second picture shows and this means the outbreak becomes more manageable.

Background: *Symptoms*

Cambridgeshire County Council

A high temperature

A new continuous cough

A change to or loss of your sense of taste and smell.

• *May also include: shortness of breath, joint/muscle pain, headaches, chills, nasal congestion, diarrhoea and vomiting*

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If infected the symptoms someone is likely to experience are:

- High temperature – this means feeling hot to touch on the chest or back (Temperature does not need to be taken)
- A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if usually have a cough, it may be worse than usual)
- A loss or change to sense of smell or taste –noticing cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms, whereas some may have a few or all.

Some though can be asymptomatic and the severity of symptoms can vary from very mild to severe that can be life threatening or leading to death.

Most of these symptoms are similar or common to other diseases symptoms so it can be difficult to establish if it is Covid-19 without a test, apart from the loss of sense of taste and smell, as this is rare in other conditions, and is a useful measure as an indicator of Covid-19.

Advice regarding symptoms
If someone has any of the main symptoms of coronavirus they need to :

Get a test to check if have coronavirus as soon as possible. A test can be organised via:

Get a free NHS test to check if you have coronavirus - GOV.UK (www.gov.uk)
or can apply Online on GOV.UK. Or call 119 if have problems using the Internet.

They must stay at home and not have visitors until they get the test result and only leave home to have the test. Anyone they live with, and anyone in *support their bubble, must also stay at home until they get the result.

They can use the NHS 111 Online coronavirus service or can call 111 if cannot get help Online. Use these service if:
- worried about symptoms
- not sure what to do

They must not go to places like a GP surgery, hospital or pharmacy as risk spreading the virus.

*What are support bubbles? A support bubble is where someone who lives alone (or just with their children) can meet people from 1 other household.

Symptoms of coronavirus (COVID-19) - NHS (www.nhs.uk) Last accessed 26/7/21

Types of COVID-19 Tests

There are 2 main types of test to check if you have coronavirus:

Symptomatic Testing – PCR - How to take a coronavirus self-test swab - YouTube
Polymerase chain reaction (PCR) tests check for the genetic material (RNA) of the virus in the sample
- You send the sample for processing at a lab
- Results usually take 24 hours to receive

Asymptomatic Testing – LFD - How to do a COVID-19 Self Test (rapid antigen test) - YouTube
Lateral flow device (LFD) tests detect proteins called 'antigens' produced by the virus.
- Do not need to send to a lab
- They give rapid results, in 30 minutes after taking the test

There are 2 main types of test currently being used to detect if someone has COVID-19:
- polymerase chain reaction (PCR) tests
- lateral flow device antigen (LFD) tests also known as rapid lateral flow tests

PCR tests detect the RNA (ribonucleic acid, the genetic material) of a virus. PCR tests are the most reliable COVID-19 tests. It takes some time to get the results because they are usually processed in a laboratory. If you have symptoms of COVID-19, you should arrange to have a PCR test.

People who live in the same household as someone with COVID-19 can also take a PCR test, as they are at higher risk of being infected even if they do not have symptoms.

LFD tests detect proteins in the coronavirus and work in a similar way to a pregnancy test. They are simple and quick to use. LFD tests are not as accurate as PCR tests in all circumstances, but can detect a similar number of people with high levels of coronavirus as PCR tests. They are mainly used in people who do not have symptoms of COVID-19.

People in England who do not have symptoms of COVID-19 can take part in regular testing using LFD tests. Many people already do this as part of school or workplace LFD testing programmes. All of these programmes are known as 'asymptomatic testing programmes' and can help reduce the spread of infection to others.

If someone tests positive for COVID-19 by LFD test, they should self-isolate and follow self-isolation guidance. They should also request a follow-up PCR test as soon as possible and within 2 days of the positive LFD test at the latest.

While waiting for the follow-up PCR test result they and their household members should follow self-isolation guidance, it is no longer a requirement if double vaccinated and a contact of a positive case to have to isolate, please refer to Government guidelines regarding this. If the positive case receives a negative follow-up PCR test result, and this PCR test was taken within 2 days of the positive LFD test, they can stop self- isolation.

However, they must self-isolate if:
- the PCR test result is positive
- they choose not to take a follow-up PCR test
- the follow-up PCR test was taken more than 2 days after the positive LFD test result

LFD tests can be taken in 2 ways:
An assisted test is where the person takes the test themselves under the supervision of a trained operator, and this operator processes the test, reads and reports the result.

A home (self-reported) test is where a person takes the test themselves and reads and reports their own result.

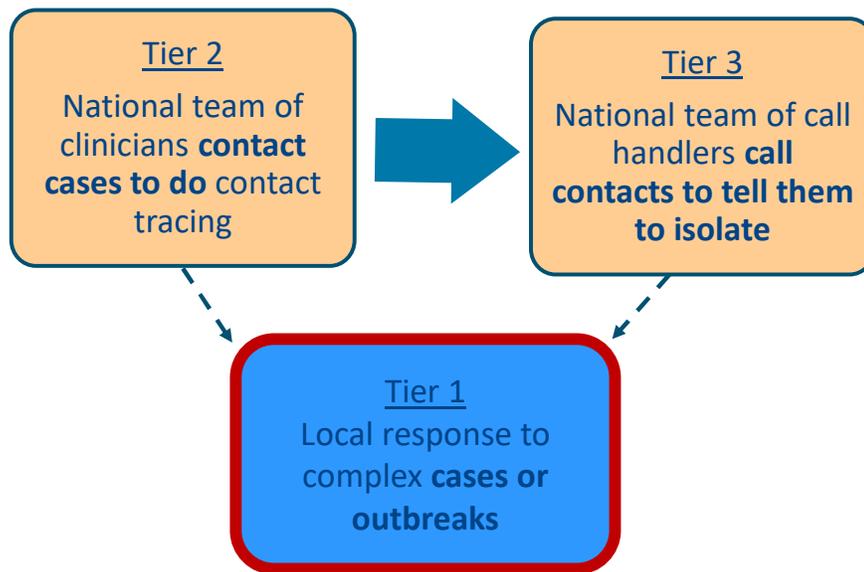If you have any of the symptoms of COVID-19, you should request a PCR test.

Sources:

Link for isolation advice Stay at home: guidance for households with possible or confirmed coronavirus (COVID-19) infection - GOV.UK (www.gov.uk)

Link for testing if no symptoms Understanding lateral flow testing for people without symptoms - GOV.UK (www.gov.uk)

Link for testing if have symptoms Get a free PCR test to check if you have coronavirus (COVID-19) - GOV.UK (www.gov.uk)

NHS Test & Trace: *Overview*

Tier 2

National team of clinicians **contact cases to do** contact tracing

Tier 3

National team of call handlers **call contacts to tell them to isolate**

Tier 1
Local response to complex **cases or outbreaks**

The NHS test and trace service – Normal process ensures that anyone who develops symptoms of coronavirus (COVID-19) can quickly be tested to find out if they have the virus, and also includes targeted asymptomatic testing of NHS and social care staff and care home residents.

They contact tested cases to provide them with their results and if positive provide support links in how to isolate and what a positive test means.

Helps trace close recent contacts of anyone who tests positive for coronavirus and notifies them that they must self-isolate at home to help stop the spread of the virus. If that contact has been doubled vaccinated with a UK approved COVID-19 vaccine they will not need to self-isolate, but should still refer to government guidelines on what they should do.

As of 28/11/2020 the process of contact and isolation advice was updated. A primary (Index) case within a household will be able to provide the required details of contacts in their households and take responsibility to advise the contacts to isolate if they need to, as per notes above if vaccinated with UK approved COVID-19 vaccine the household contact will not need to isolate – these contacts can then be marked as complete and will not need to be separately invited for the digital journey. Previously every member in the household would have been contacted by NHS Test & Trace meaning households received multiple contacts. This amendment addresses that issue, reducing the amount of contacts made to the household.

The aim of NHS test & trace is to help return life more to normal, in a way that is safe and protects the NHS and social care. The service will allow the spread of the virus to be traced and isolate new infections, playing a vital role in giving early warning if the virus is increasing again, locally or nationally.

NHS Test and Trace index cases/contacts will receive a maximum of 10 calls, with calls attempted up to 96 hours from the time of notification into the NHS Test and Trace system. If after these attempts there is no contact made with the case then the case is closed and classed as a Follow Up Failed.

How it works:

Tier 2: People who test positive for COVID-19 are contacted by NHS Test and Trace by email, text message or phone call, and will get advice via the Test and Trace website or from a contact tracer over the phone.

They will be invited to go onto a secure website to complete the questions or can answer the questions over the phone with a Tier 2 Clinician. All of this information remains confidential and is only used for contact tracing reasons. It is not shared with any other authority bodies.

Questions cover:
• When symptoms started or date of their test if no symptoms to be able to provide advice on their isolation time period. They will be tracing contacts they had from 48 hours before symptoms started or their positive test up to 10 days post symptoms.
• Contacts are checked by category of both household and non-household
• If have school or nursery school age children
• Check on their place of work.
• Check if they are within the *clinically vulnerable or extremely clinically vulnerable classification, who need to have extra support and advice for their isolation period.
*This group during the initial stages of lockdown back in March started isolation before the general population and had prolonged isolation to shield them from the risks of the virus.

All of these questions are vital as they identify if there is a risk of the virus spreading in complex settings. If any of these settings are identified that the positive case has visited, works in or children are at school then the details are escalated to Tier 1 for the incident management team to handle working in partnership with Public Health England.

Tier 2 are also doing backward tracing from 7-10 of onset of symptoms to establish places, venues, areas positive cases have been. This is to see if there are common areas of spikes that other positive cases have visited and if a certain setting/environment/place is an area of risk for the virus spreading.

Once all questions have been completed and advice given to the person with the positive result, Tier 2 end the conversation or the website questions are completed if doing on line. All contacts information is then passed to Tier 3.

Tier 3: Call close recent contacts of anyone who tests positive for coronavirus and notifies them that must self-isolate at home if they are not COVID-19 vaccinated to help stop the spread of the virus. The contact will receive the same format of notification, a text/email or phone call and complete similar questions on line or with a call handler.

Tier 1: There are cases such as those linked to care homes, prisons, homeless hostels or schools, that are more complex to contact trace and are referred to PHE health protection teams, often working in partnership with local government, who will do the contact tracing.
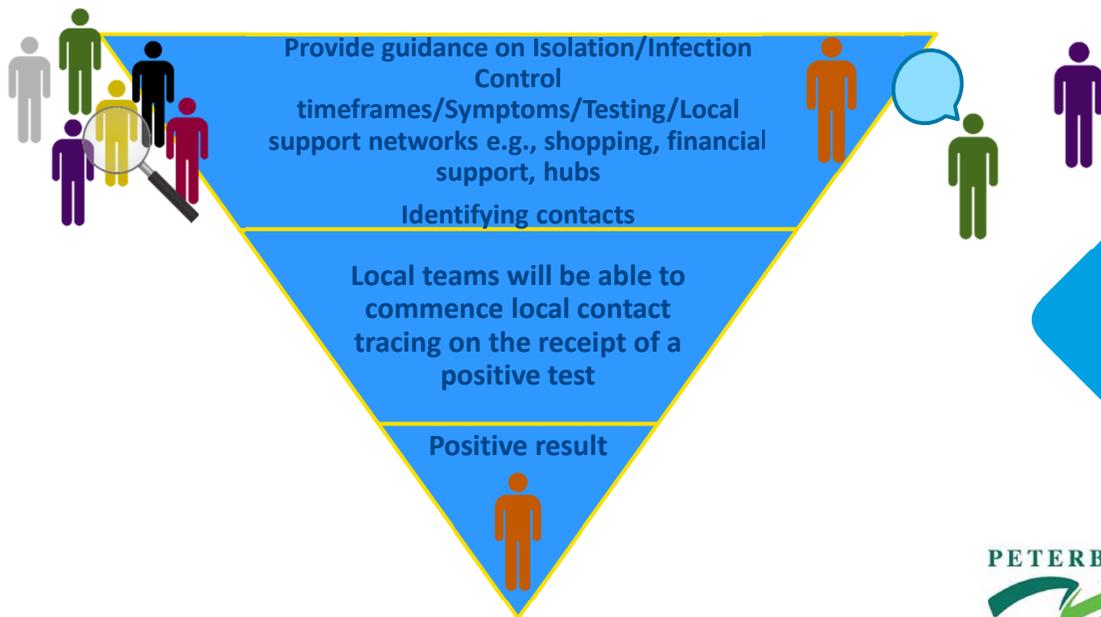
During the process of contact tracing must ensure that reassurance is offered to the contacts regarding confidentiality and that all information will be treated with privacy, respect, collected in good faith for the publics wellbeing, fair and just and totally confidential and that the aim is to reduce the spread of the viruses, not to share their information with any other agency outside of contact

tracing.

Due to legal requirement it is also important to explain the legal implications of isolation and risk of fines if isolation is not adhered to.

No contact of a positive case will know the details of the case, they will simply be informed that they were in contact with someone who received a positive result.

Who is being traced

Provide guidance on Isolation/Infection Control timeframes/Symptoms/Testing/Local support networks e.g., shopping, financial support, hubs

Identifying contacts

Local teams will be able to commence local contact tracing on the receipt of a positive test

Positive result

Contact tracing is used to help prevent the infection spreading further and is a fundamental part of outbreak control that's used by public health professionals around the world.

Aims:
Ensure anyone that has tested positive for Coronavirus is quickly contacted – with an aim to achieve an 80% contact rate for positive cases.

National and local Tier 2 Teams will make the initial attempt at contact. If a case is identified as complex or part of an outbreak the case will be referred to Tier 1 local authority teams, working with Public Health England to follow up. An example of a 'complex' case would be where there has been an identified positive case in a setting, e.g. school or care home and Tier 1 have to implement process to manage the situation within that environment.

Local contact tracing teams will initially make contact by phone, text or email asking people to call a local number - which earlier experiences in contacting shielded people, has been found to be more effective than a contact from a national number.

But if this fails the contact will be referred for a door knock, which can take two forms:

1. Door knock to establish have correct contact telephone number and to leave a card outlining the contact trace team will be in touch.
2. Door knock to complete the contact trace if telephone call follow up unsuccessful

The contact traces work from the Contact Tracing Advice Service (CTAS) script and update information collected back into CTAS and the local Case Management System (CMS). The CMS can be used to record or outbreak related cases/contacts and outbreak management, allowing different teams to view all the information in relation to a case situation and contact trace, e.g. if escalated internally for follow up within a workplace can view progression via CMS.

Type of questions NHS Test & Trace ask

Cambridgeshire County Council

Examples questions:

When Did Symptoms Start?
Type of Symptoms?
Do you need support as clinically vulnerable?
Where live and who live with?
Activities completed during infectious period?
School age setting?
Place of work?

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Information they need:
NHS Test and Trace needs to collect personal identifiable information so that they can provide advice to people who have coronavirus and protect the people they have been in contact with.

The information collected on people with coronavirus or those with symptoms includes:
- Full name date of birth home postcode & house number telephone number email address
- The type of symptoms people have and how these are changing over time.

The information NHS Test & Trace collects on the contacts of people with coronavirus includes, where available, their:
- Full name home postcode & house number telephone number email address

This information is used by Public Health England to help control the spread of coronavirus by providing advice to people with coronavirus and those who have symptoms; identifying people who have been in contact with someone with coronavirus symptoms and who may be at risk of developing the infection; and asking anyone who is infectious to stay at home until they stop being a risk for others.

When you do not need to self-isolate

Cambridgeshire County Council

From 16 August, you will not be required to self-isolate if you live in the same household as someone with COVID-19 and any of the following apply:

- you are fully vaccinated
- you are below the age of 18 years 6 months
- you have taken part in or are currently part of an approved COVID-19 vaccine trial
- you are not able to get vaccinated for medical reasons

Even if you do not have symptoms, you should still:
- Get a PCR test on GOV.UK to check if you have COVID-19
- Follow advice on how to avoid catching and spreading COVID-19
- Consider limiting contact with people who are at higher risk from COVID-19

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- you are fully vaccinated
- you are below the age of 18 years 6 months
- you have taken part in or are currently part of an approved COVID-19 vaccine trial
- you are not able to get vaccinated for medical reasons

Fully vaccinated means that you have been vaccinated with an MHRA approved COVID-19 vaccine in the UK, and at least 14 days have passed since you received the recommended doses of that vaccine.

NHS Test and Trace will contact you to let you know that you have been identified as a contact and check whether you are legally required to self-isolate.

If you are not legally required to self-isolate, you will be provided with advice on testing and given guidance on preventing the spread of COVID-19. Even if you do not have symptoms, you will be advised to have a PCR test as soon as possible.

You should not arrange to have a PCR test if you have previously received a positive PCR test result in the last 90 days, unless you develop any new symptoms of COVID-19, as it is possible for PCR tests to remain positive for some time after COVID-19 infection.

This advice applies while the person in your household with COVID-19 is self-isolating.

If you develop symptoms at any time, even if these are mild, self-isolate immediately, arrange to have a COVID-19 PCR test and follow the guidance for people with COVID-19 symptoms.

Vaccinated and Isolation Rules

Even if vaccinated, you can still be infected with COVID-19 and pass it on to others.

Even if you are not required to isolate you can help protect others by following the guidance on how to stay safe and help prevent the spread.

As well as getting a PCR test, you may also consider:
- limiting close contact with other people outside your household, especially in enclosed spaces
- wearing a face covering in enclosed spaces and where you are unable to maintain social distancing
- limiting contact with anyone who is clinically extremely vulnerable
- taking part in twice weekly LFD testing

If develop symptoms at any time, even if these are mild, self-isolate immediately, arrange to have a COVID-19 PCR test and follow the guidance for people with COVID-19 symptoms

Source: Link to Stay at home: guidance for households with possible or confirmed coronavirus (COVID-19) infection - GOV.UK (www.gov.uk)
When to self-isolate and what to do - Coronavirus (COVID-19) - NHS (www.nhs.uk)

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Source: Stay at home: guidance for households with possible or confirmed coronavirus (COVID-19) infection - GOV.UK (www.gov.uk) Last accessed 08/09/2021

Even if you are vaccinated, you can still be infected with COVID-19 and pass it on to others. If you are identified as a contact of someone with COVID-19 but you are not required to self-isolate, you can help protect others by following the guidance on how to stay safe and help prevent the spread.
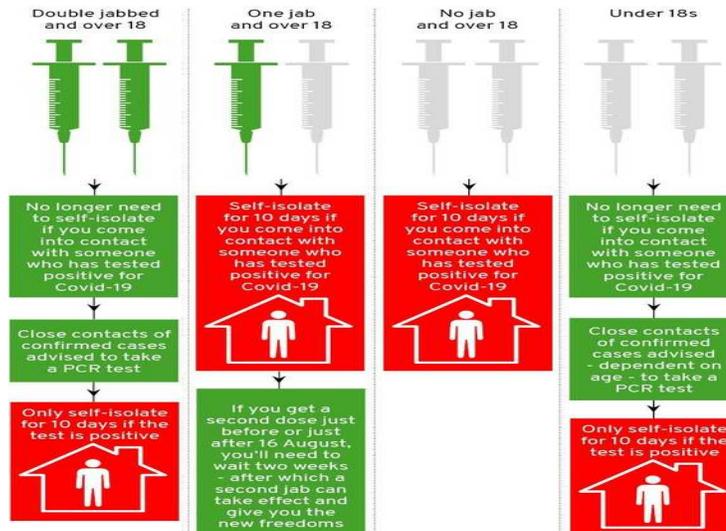
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This advice applies while the person in your household with COVID-19 is self-isolating.

If you develop symptoms at any time, even if these are mild, self-isolate immediately, arrange to have a COVID-19 PCR test and follow the guidance for people with COVID-19 symptoms.

Isolation dates for a case and household contacts

Source: https://www.nationalworld.com/health/do-we-need-to-self-isolate-after-16-august-self-isolation-rules-and-changes-for-double-vaccinated-explained-3305853 / Self-isolation rules will change on August 16. (Graphic: Mark Hall/JPI Media)
Source: https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance

Double vaccinated and over 18 no longer need to self-isolate if come into contact with someone who has tested positive for COVID-19.

One jab and over 18, self isolate for 10 days if come into contact with someone who has tested positive for COVID-19.

No jab and over 18 will need to self isolate for 10 days if a contact of a positive case.

Under 18s no longer need to self isolate if come into contact with a positive case.

Please note:
For those who are double vaccinated and the under 18s as a close contact of a positive case they are advised to have a PCR test and only self isolate if then receive a positive result if double.

If test positive in any of the situations described above still need to isolate for 10 days.

How to stay safe and help prevent the spread

Coronavirus remains a serious health risk. It's important to stay cautious and help protect yourself and others. In England:

- Meet up outside or if you're indoors open windows or doors if you have visitors.
- If you think you might have COVID-19 symptoms, take a PCR test and stay home.
- Wear face coverings in crowded places to help protect others.
- Check in with the NHS COVID-19 app when you're out.
- Wash your hands regularly and for at least 20 seconds with soap.
- Get vaccinated if you are 18 or over.

Step 4 – July 19th

While cases are high and rising, everybody needs to continue to act carefully and remain cautious. This is why key protections re remaining in place:
- testing when have symptoms and targeted asymptomatic testing in education, high risk workplaces and to help people manage their personal risk.
- isolating when positive or when contacted by NHS Test and Trace.
- border quarantine: for all arriving from red list countries and for those people not fully vaccinated arriving from amber list countries.
- cautious guidance for individuals, businesses and the vulnerable whilst prevalence is high including:
    - Government is no longer instructing people to work from home if they can but do expect and are recommending a gradual return over the summer
    - Government expects and recommends that people wear face coverings in crowded areas such as public transport;
    - being outside or letting fresh air in
    - minimising the number, proximity and duration of social contacts.
    - encouraging and supporting businesses and large events to use the NHS COVID Pass in high risk settings. The Government will work with organisations where people are likely to be in close proximity to others outside their household to encourage the use of this. If sufficient measures are not taken to limit infection, the Government will consider mandating certification in certain venues at a later date.

Most legal restrictions to control COVID-19 have been lifted at step 4. This means that:
- You do not need to stay 2 metres apart from people you do not live with.
- There are also no limits on the number of people you can meet.

However, in order to minimise risk at a time of high prevalence, you should limit the close contact you have with those you do not usually live with, and increase close contact gradually. This includes minimising the number, proximity and duration of social contacts.

You should meet outdoors where possible and let fresh air into homes or other enclosed spaces.

The Government is no longer instructing people to work from home if they can. However, the Government expects and recommends a gradual return over the summer.

The requirement to wear face coverings in law has been lifted. However, the Government expects and recommends that people wear face coverings in crowded areas such as public transport.

There are no longer limits on the number of people who can attend weddings, civil partnerships, funerals and other life events (including receptions and celebrations). There is no requirement for table service at life events, or restrictions on singing or dancing. You should follow guidance for weddings and funerals to reduce risk and protect yourself and others.

There are no longer restrictions on group sizes for attending communal worship.

COVID-19 has not gone away, so it's important to remember the actions you can take to keep yourself and others safe. Everybody needs to continue to act carefully and remain cautious:
- Meet up outside or if you're indoors open windows or doors if you have visitors.
- If you think you might have COVID-19 symptoms, take a PCR test and stay home.
- Wear face coverings in crowded places to help protect others.
- Check in with the NHS COVID-19 app when you're out.
- Wash your hands regularly and for at least 20 seconds with soap.
- Get vaccinated if you are 18 or over. Vaccines for healthy children age 12 and over have been approved and Joint Committee on Vaccinations and Immunisation (JVCI) are presently discussing the vaccine programme for children.

Support & Response Hubs

Countywide Hub

Purpose:
To co-ordinate the distribution of support to the Shielded Group of residents who are at the highest risk.
To support the sustainability of critical public services through the deployment of staff and volunteers.
To ensure, with our partners, that we are making the best use possible of all available resources to minimise anxiety, to co-ordinate social action, and to ensure those most vulnerable are benefitting from appropriate community support.

Countywide COVID-19 Coordination Hub:
It is recommended that where possible, contact is made via our online portals, which can be found, 24/7, at:
www.cambridgeshire.gov.uk/coronavirus or www.peterborough.gov.uk/coronavirus
The Hub can be contacted Monday to Friday from 0800 to 1800, and Saturday 0900 to 1300 at:
communitycv@cambridgeshire.gov.uk or on 0345 045 5219

Purpose:
Local district/city hubs have been established to support, coordinate and connect the local and voluntary activity that is happening – working closely with the Countywide Hub they will also respond to individual request for help and offers of assistance that fall outside the scope of the Shielded Group.
To help manage demand, it is requested that where possible contact with the Hubs is made via the online portals

Peterborough	Huntingdonshire	Fenland	East Cambridgeshire	Cambridge City	South Cambridgeshire
Online information: www.peterborough.gov.uk/coronavirus Monday-Friday 09:00-17:00 covid-19@peterborough.gov.uk 01733 747474	Online information: www.wearehuntingdonshire.org/ Monday-Thursday 08:45-17:00 and 08:45-16:30 on Fridays Crm_communitydevelopment@Huntingdonshire.gov.uk 01480 388388	Online information: www.fenland.gov.uk/coronavirus Monday-Friday 09:00-16:00 and Saturday 09:00-12:00 Covid19@fenland.gov.uk 01354 654321	Online information: www.eastcambs.gov.uk/content/coronavirus-community-support Monday-Thursday 08:45-17:00 and 08:45-16:30 on Fridays covid19@eastcambs.gov.uk 01353 665555	Online information: www.cambridge.gov.uk/updates/2020/03/18/coronavirus-changes-to-our-services Monday-Friday, 09:00-17:15 community.resilience@cambridge.gov.uk 01223 457000	Online information: www.scambs.gov.uk/coronavirus/ Monday to Friday 08:00-17:30 Duty.communities@scambs.gov.uk 03450 455 218

Across Cambridgeshire and Peterborough a network of coordination and response hubs have been set up and working extremely well.

Aim to provide support, guidance and links to everyone within the local authority areas

Support to local contract tracing
- Provide localised data e.g. contact details
- Support the household contact tracing where a positive case is identified
- Coordinate the self-isolation support package offer – ensuring people have access to essential supplies and working closely with each district and city to arrange financial support where needed

Summary

- **NHS Test & Trace contact positive cases and their contacts**
- **Local teams of contact tracers are conducting contact tracing on cases NHS Test & Trace have been unable to follow up and at Zero hours of a confirmed positive case**
- **Still recommended to follow social measures to help reduce spread as we have more interactions**
- **Local plan wraps all the information together of county council actions for isolation support, contact tracing, prevention, surveillance, outbreak management and support**

NHS Test & Trace contact positive cases and their contacts.

Local teams of contact tracers are conducting contact tracing on cases NHS Test & Trace have been unable to follow up and at Zero hours of a confirmed positive case.

Still recommended to follow social measures to help reduce spread as we have more interactions.

Local plan wraps all the information together of county council actions for isolation support, contact tracing, prevention and surveillance and outbreak management.

COVID-19 has not gone away, so it's important to remember the actions you can take to keep yourself and others safe. Everybody needs to continue to act carefully and remain cautious:
- Meet up outside or if you're indoors open windows or doors if you have visitors.
- If you think you might have COVID-19 symptoms, take a PCR test and stay home.
- Wear face coverings in crowded places to help protect others.
- Check in with the NHS COVID-19 app when you're out.
- Wash your hands regularly and for at least 20 seconds with soap.
- Get vaccinated if you are 18 or over.