

# COVID-19 Guidance for people going on leave or being discharged from wards

To Protect Yourself and Others, When You Leave, please ensure that you:

## HELP CONTROL THE VIRUS



**WASH YOUR  
HANDS**



**COVER YOUR  
FACE**

England is moving to Plan B in response to the risks of the Omicron variant

From **10 December** you must wear a face covering in the following indoor settings (examples are given in brackets):

- Public transport (aeroplanes, trains, trams, buses, coaches and ferries), taxis and private hire vehicles.
- Auction houses
- Shops and supermarkets (places which offer goods or services for retail sale or hire)
- Post offices, banks, building societies, high street solicitors and accountants, credit unions, short-term loan providers, savings clubs and money service businesses
- Estate and letting agents
- Premises providing personal care and beauty treatments (barbers, hair salons, tattoo and piercing studios, nail salons and massage centres)
- Pharmacies
- Estate and letting agents
- Premises providing veterinary services
- Takeaways without space for consumption of food or drink on premises
- Shopping centres (malls and indoor markets)
- Community centres (including village halls), youth centres, members clubs and social clubs
- Libraries and public reading rooms
- Crematoria and burial ground chapels
- Places of worship
- Visitor attractions and entertainment venues (museums, galleries, cinemas, indoor theatres, concert halls, cultural and heritage sites, indoor areas at aquariums, zoos and visitor farms, bingo halls, amusement arcades, adventure activity centers, indoor sports stadiums, funfairs, indoor theme parks, casinos, skating rinks, bowling alleys, indoor play areas including soft-play areas.
- Public areas in hotels and hostels
- Indoor areas of open-air sports stadiums
- Transport hubs (airports, rail and tram stations and terminals, maritime ports and terminals, bus and coach stations and terminals)

- Cars or small vans during any professionally delivered driving lesson, during any driving test, and during any practical test to qualify as an approved driving instructor
- Motorway service areas

There are some exemptions.

Settings which are exempt from wearing a face covering include:

- Restaurants, cafés and canteens
- Bars and shisha bars
- Gyms & exercise facilities
- Photography studios
- Nightclubs, dance halls and discotheques

In indoor settings where a face covering is not legally required, you should still continue to wear a face covering in crowded and enclosed spaces where you may come into contact with other people you do not normally meet.

Some people, including children under 11, are exempt from having to wear face coverings in any setting. Furthermore, anyone with a health condition or disability, which means they cannot wear a face covering, has a reasonable excuse for not wearing a face covering.

It is still possible to catch and spread COVID-19, even if you are fully vaccinated.

Anyone with COVID-19 symptoms or a positive test result should stay at home and self-isolate immediately.

**From 14 December** fully vaccinated contacts of someone with COVID-19 should take rapid lateral flow tests every day for 7 days. If you test positive or develop symptoms, you need to self-isolate for 10 days.

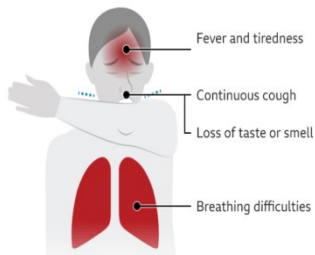
**From 15 December** you'll need to show your NHS COVID Pass at nightclubs, some venues and large events to show you're fully vaccinated, have had a negative test result in the last 48 hours, or you have an exemption.

**Trust guidance on wearing face masks has not changed, and the advice continues to promote the use of face masks on HPFT premises.**

**If you are being discharged from the ward, please access the .GOV Website for updated information on Covid restrictions**

<https://www.gov.uk/coronavirus>

**WHILST ON LEAVE, IF YOU DEVELOP ANY OF THE FOLLOWING CORONAVIRUS SYMPTOMS**



**PHONE 111 FOR ADVICE**

**AND**

**CONTACT THE WARD**

If you have developed any of these coronavirus symptoms, please phone the ward before returning, to gain advice on how best we can support you whilst also protecting the other service users on the ward.

On return to ward you will be asked to isolate and be re-swabbed.

**Version 2.2 | 15 December 2021 | Clinical Professional Advisory Committee**