

## End of the Roadmap: but not the end of precautions

Even though legal restrictions have now ended we must still be cautious. Medical advice, from the chief medical officer, is not to rush back to pre-COVID practices for a while. This is to help protect the most vulnerable, and the most anxious, and to control the spread of the virus. So, whilst it is not required by law to wear face coverings and keep social distance, we are asking all chaplains to follow this updated guidance.

In the first instance be guided by the preferences of the people you are visiting. Some will have notices making their preferences clear. **IF IN DOUBT PLEASE ASK THEM WHAT THEY WOULD LIKE YOU TO DO.**

If they would prefer you continue with precautions then please do so. This will mean continuing to:

- Wear a face covering
- Use hand sanitizer
- Keep social distance (minimum 1 metre)

If they are happy for you to dispense with these precautions, and you are happy to do so, then do. If you prefer to continue, then do that.

### Track and Trace

If you are contacted by the track and trace system, because you have been in contact with someone who has tested positive, then you should self-isolate for 10 days. Follow the government guidelines which can be found here. <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/if-youre-told-to-self-isolate-by-nhs-test-and-trace-or-the-covid-19-app/>

### Vaccination

Vaccination has been making a huge difference. Even though you may have had both jabs be aware that this may not apply to everyone you meet. Some may not be able to have the vaccine. Be particularly sensitive to the needs of the most vulnerable.

If you yourself are not able to have the vaccine, or choose not to, do take extra care. Remember there is not just a heightened risk for yourself, but for those you visit as you are more likely to transmit. Speak to your local team leader or to Dick to work out how you can safely resume chaplaincy.

### Lateral Flow Tests (LFT)

LFTs are now widely available for home use. We recommend that you continue to use these, both to reassure yourself, but also those you visit, that you are minimizing the risk. Free kits can be ordered online at; [Order coronavirus \(COVID-19\) rapid lateral flow tests - GOV.UK \(www.gov.uk\)](https://www.gov.uk/order-coronavirus-covid-19-rapid-lateral-flow-tests) or by phoning 119. You can also obtain kits free from your pharmacy, and you can still book to take a test in Malvern, Redditch and Worcester (see [Book a testing appointment visit \(worcestershire.gov.uk\)](https://www.worcestershire.gov.uk/book-a-testing-appointment-visit)).

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