



曼彻斯特华人基督教会 Manchester Chinese Christian Church

New church policy and guidance on government's announcement

On 9 Dec 2021, our church introduced the policy that encourages anyone attending our in-person services to take lateral flow tests within 24 hours before attending the services until further notice. Lateral flow test kits can be ordered from the government: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

However, individual congregations may implement stricter policies. Please consult your congregation leaders.

The government is moving England to plan B and has imposed new restrictions in the UK in order to help slow down the spread of Covid-19 and the Omicron variant. **You still need to follow the guidance even if you are fully vaccinated.**

New guidance in the UK

Face coverings

- You **must** wear face coverings on public transport, at large venues and events and in indoor public places, such as shops, supermarkets, takeaway shops, public libraries, cinemas, restaurants, banks and shopping centres, unless you are exempt. Failing to comply with the rule can result in a fixed penalty of £200 for the first offence (reduced to £100 if paid within 14 days).
- Children under 11 are exempt from having to wear face coverings.
- For the education sector in England, you should check with your school, college or university for specific rules, but in general, wear face coverings in all communal areas of education settings as well as on public and school transport (unless you are a student in year 6 or below).

Testing and self-isolation

- You should get tested and self-isolate if required. Fully vaccinated contacts of someone with COVID-19 should take rapid lateral flow tests every day for 7 days. You should stay at home and self-isolate if you have any of the main symptoms of COVID-19 or if you have a positive LFD or PCR test result. From 13 January 2022 onwards, if you test positive for Covid-19, you need to self-isolate for 5-10 days. You may be able to stop self-isolating from day 6 if the following applies to you. You can take an LFD test from 6 days after the day your symptoms started (or the day your test was taken if you did not have symptoms), and another LFD test on the following day. The second LFD test should be taken at least 24 hours later. **If both of these test results are negative, and you do not have a high temperature, you may end your self-isolation after the second negative test result.**

Work from home

You should work from home if possible. Check with your employer to see if you can work from home.

New guidance on NHS Covid Pass

The NHS Covid pass or negative test will be required at the following venues:

- nightclubs
- unseated indoor venues with more than 500 people
- unseated outdoor venues with more than 4,000 people
- any venue with more than 10,000 people

You can get an NHS COVID Pass digitally through the NHS App or the online NHS COVID Pass service, or ask for an NHS COVID Pass letter to be sent to you in the post. Visit the government's website to find out more on how to get a NHS Covid Pass:

<https://www.nhs.uk/conditions/coronavirus-covid-19/covid-pass/>

Guidance on international travel for people in England

(If you are not in England, you should refer to your local government's guidance.)

Tests required

From 4am on 7 December 2021, anyone aged 12 and over must have a negative PCR test or lateral flow test in the 2 days before travelling to England. Travellers to England must take a PCR test within 2 days of arrival.

Red List

- Currently no countries or territories are placed on the red list for international travel in England, but the government is constantly updating the list. **If you live in England, you should not travel to countries or territories on the red list.**
- Visit the government's website for a full list of countries and territories on the red list and the rules imposed on the travellers: <https://www.gov.uk/guidance/red-list-of-countries-and-territories>

Link to government guidance: <https://www.gov.uk/coronavirus>