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| If you'd like to have Practice News and other relevant CCG updates sent to you directly, please email [cwccg.communications@nhs.net](mailto:cwccg.communications@nhs.net) |

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| |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | | **Latest information for practices**  **Covid Isolation Guidance 23.12.21**  Please find attached [guidance](https://cwccg.net/5ECH-H7EW-3W4C1S-CRO8E-1/c.aspx) which has been updated to reflect the reduction of the self isolation period to 7 days (following 2 negative lateral flow tests at Day 6 and Day 7 – 24 hours apart and NO symptoms). Please note this guidance ONLY applies to those who are double vaccinated.  (If staff are NOT double vaccinated they must continue to self isolate for 10 days and be symptom free for 48 hours before any return to work).  The advice is attached but in summary:-  Staff may be able to end their self-isolation period before the end of the 10 full days by undertaking an LFD test on the sixth day and seventh day of their isolation period (24 hours apart). If both these LFD test results are negative, they may return to work on day 8 under the following conditions:  • the staff member should not have a fever  • the staff member should continue to undertake daily LFD tests on day 8, 9 and 10 of their isolation period. If any of these LFD test results are positive the staff member should isolate and should wait 24 hours before taking the next LFD test.  • on days the staff member is working, the LFD test should be taken prior to beginning their shift, as close as possible to the start time.  • the staff member must continue to comply with all relevant infection control precautions and PPE must be worn properly throughout the day.  • if the staff member works with patients or residents who are especially vulnerable to COVID-19 (as determined by the organisation), a risk assessment should be undertaken by the organisation, and consideration given to redeployment for the remainder of the 10 day isolation period.  If any of the above cannot be met, the staff member should not come to work and should follow the stay at home guidance for the full 10-day period.  The self-isolation period remains 10 days for unvaccinated adult contacts to reflect their infectious period post contact  **UK Health Security Agency and Government guidance on self-isolation letter**  Please find [attached C1527](https://cwccg.net/5ECH-H7EW-3W4C1S-CRO8F-1/c.aspx) UK Health Security Agency and Government Guidance on Self-isolation for your information.  The updated guidance for households with possible or confirmed coronavirus (COVID-19) infection is available [here](https://cwccg.net/5ECH-H7EW-3W4C1S-CRO6B-1/c.aspx).  Staff who have tested positive for COVID-19 may now be able to end their self-isolation period after seven days (the requirement has been 10 days), following two negative lateral flow device (LFD) tests taken 24 hours apart. The first LFD test should not be taken before the sixth day.  **IAPT LONG STUDENT COVID SUPPORT**  Please see [attached](https://cwccg.net/5ECH-H7EW-3W4C1S-CRO8G-1/c.aspx) referral pathway for students struggling with mental health issues as a result of the Covid 19 pandemic.  **Fit Sky Blues**Sky Blues in the Community and the EFL Trust are launching a new project to help tackle your weight this January!  FIT SKY BLUES is a FREE 12-week programme, taking place at the Coventry Building Society Arena, that helps fans to make better lifestyle choices.  With support from our Sky Blues in the Community staff and from other group members, you'll get tips to:  - Improve your eating habits  - Cut down on alcohol  - Increase your activity levels - one step at a time!  - Reduce your weight and waistline  - Support each other to stay on track!  For more information and to register your interest, click this link: [https://www.efltrust.com/fitfans/?location=COVENTRY%20CITY](https://cwccg.net/5ECH-H7EW-3W4C1S-CRO6C-1/c.aspx)  **Healthwatch support & advice to maximise telephone messaging** Please [find attached an article](https://cwccg.net/5ECH-H7EW-3W4C1S-CRO8H-1/c.aspx) which Dr Deepika Yadav suggested in the Coventry PCDG meeting may be useful from Healthwatch, please have a read through the tips for telephone messaging to support patients.  **Training, events & surveys** None to report  **Newsletters**  None to report  **Vacancies**  None to report | | |