

Covid-19 update | Step 4 from 19 July | Protection against Delta variant | Self-isolation | Staying safe in the sun | Keep testing after vaccinations | Car park restrictions | Enjoying summer outdoors | Local Covid-19 rates

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Let's continue to stay safe and help prevent the spread of Covid-19

From Monday 19 July, England will enter [Step 4](#) of the Roadmap, a new phase of continued caution whilst managing the risks of Covid-19.

At Step 4, while many of the legal restrictions that the Government has imposed through the pandemic will be lifted, such as social distancing and face coverings, cautious guidance will remain.

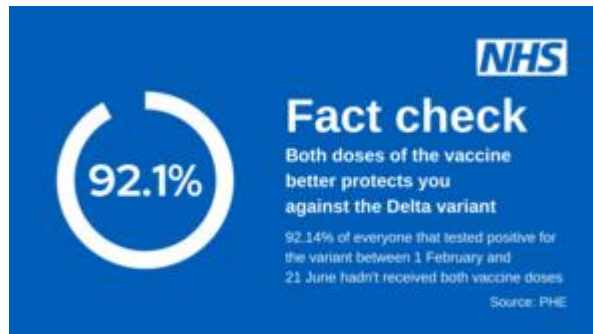
The Government has said the UK is still in its third wave and cases in Nottinghamshire and across the country are rising. Everybody is advised to protect themselves by practising key behaviours such as wearing a face covering in crowded places, washing hands regularly and testing for Covid-19. It is important to use personal judgement to manage our own risk and we can play our part by exercising common sense and considering the risks.

Staying safe from 19 July

Get protected against the Delta variant

Did you know 92.14% of people who tested positive for the Delta variant hadn't had both vaccine doses? Public Health England sourced this data between 1 February and 21 June.

Anyone ready for their first and second (8 weeks after the first dose) vaccination can attend walk-in clinics across Nottinghamshire. Please see this week's vaccination site timetable for dates and locations or visit nottsccg.nhs.uk for further information.



Vaccination site timetable

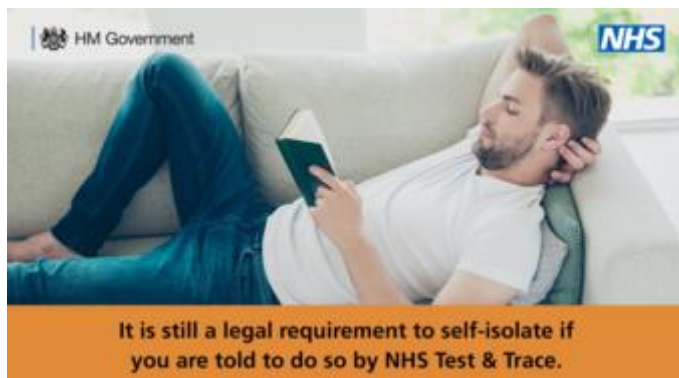
If you prefer you book, you can visit the [NHS booking service](#) or call 119.

Guidance on self-isolating

As we enter Step 4 of the roadmap it is important to make sure we still follow the rules for self-isolating.

You must self-isolate if:

- You or someone you live with has symptoms of Covid-19
- You or someone you live with has tested positive for Covid-19
- You've been told to self-isolate by NHS Test and Trace
- Someone in your childcare or support bubble has symptoms and you've been in close contact with them since their symptoms started or during the 48 hours before



- Someone in your childcare or support bubble has tested positive and you've been in close contact with them since they had the test or in the 48 hours before their test

Self-isolating guide

Staying safe in the sun

There is a 60% probability of Heat-Health Alert criteria being met between midnight on Sunday and midnight on Tuesday in parts of England. Daytime temperatures will be very warm or locally hot, with maximum temperatures reaching 30 Celsius on Sunday and Monday.



So make sure you enjoy the sun safely by slipping on a shirt, slopping on the 50+ sunscreen, slapping on a hat!

Weather Forecast

Keep testing after vaccinations

Even if you've had both vaccinations the advice is to continue with the twice weekly lateral flow testing or a PCR test if you have symptoms. It is important to keep testing as we move into the next step of the Government's roadmap.

You can order free lateral flow tests (no symptoms) and PCR (with symptoms) tests.



Order tests

No parking at County Hall (16 July)

The car park at County Hall will be closed on Friday 16 July to allow for extra testing and vaccination facilities on the site.



Enjoy summer outdoors!

When catching up with friends and family over the summer holidays, remember that it's safer to meet outdoors in the fresh air. So, enjoy summer safely by staying outdoors where possible and why not arrange a picnic or BBQ - weather dependent!

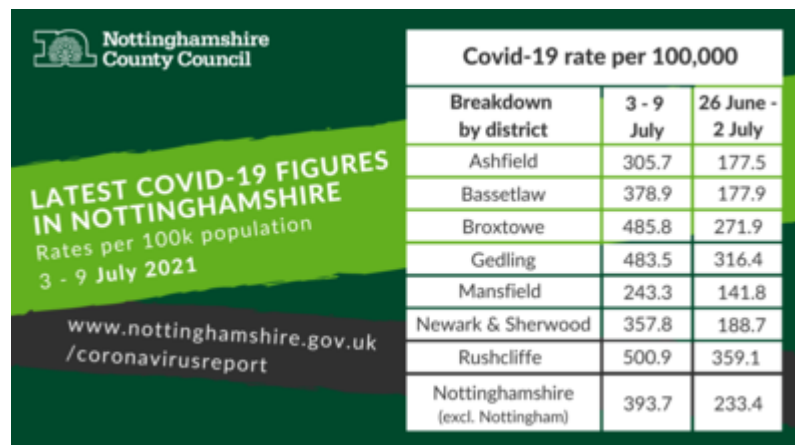


Meeting friends and family

Local Covid-19 rates 3 - 9 July

The latest Covid-19 figures in Nottinghamshire are available via the Coronavirus Dashboard.

See the latest rates per 100,000 population in each district between 3 - 9 July compared to the previous seven days in the table to the right.



Dashboard

Let's take this next step **safely**



HANDS



FACE



SPACE



FRESH AIR



Thank you 
Nottinghamshire
for doing your bit