



10 January 2022

Dear all,

**Firstly, with Omicron rates increasing across Cornwall, even if you have no symptoms, please continue to undertake lateral flow tests at least twice a week.**

Secondly, **the need to get a confirmatory PCR has changed.** From Tuesday 11 January if you have no symptoms but test positive on a lateral flow test you no longer need to get a confirmatory PCR. You will still need to isolate.

If you test positive on a lateral flow test, and have symptoms, **you will need to have a PCR test.** This is very important because PCR test results are shared with the surgery, so that we can identify symptomatic patients in the community. A member of the clinical surgery team contacts our most high-risk patients to assess how they are.

**If you are not vaccinated or have not had your booster,** please do not ignore your symptoms, especially if you are breathless as early intervention is vitally important. If we have not contacted you, please contact us if any concerns, so we can discuss the appropriate course of action.

#### **Latest isolation Guidelines.**

If you've tested positive for Covid you can now end self-isolation after seven days by providing negative lateral flow results on two consecutive days from days six and seven.

- **This new guidance about only needing a lateral flow test to confirm you as a case applies to everyone, regardless of vaccination status.**

But there are some other considerations you should be aware of:

- **People who are not vaccinated must still isolate for the full 10 days if they are a contact of a positive case**
- **You can't end your isolation if you still have a high temperature, even after 10 days**

- **If you do stop isolating after seven days please try to limit contact with vulnerable people, avoid crowded or unventilated areas if possible, and work from home if you can.**

For more information, please see latest guidance for PCR tests and isolation on [www.gov.uk](http://www.gov.uk)

Surgeries and hospitals are under extreme pressure at the moment and we need you to help us by calling the surgery or 111 first, and not just turning up at A&E. The surgery and 111 will help you to get the help that's right for you.

We might send you to a minor injury unit instead where you may be seen more quickly. They can treat broken bones, burns, animal and insect bites, deep cuts that need stitching and undertake certain x-rays.

Pharmacists can help with minor ailments such as cystitis, conjunctivitis, impetigo and rashes. They can also provide over the counter remedies to treat coughs and colds and can even issue regular medications you take in an emergency. **Only visit the emergency department or call 999 for life threatening conditions such as heart attacks and strokes.**

#### NEXT COVID CLINIC

Grab your 1<sup>st</sup>, 2<sup>nd</sup> or booster jabs on Friday 14<sup>th</sup> January at the Millpool Centre, Looe.  
Call to book your appointment on 01503 266 960

**DON'T DELAY**

Finally, please be reassured that we are here for you. If you have any symptoms which are worrying you (not just Covid), please contact the Surgery. All calls are assessed based on clinical need and whilst we signpost where we can, we do undertake face-to-face appointments where appropriate.

Thank you for your continued understanding and support.

The Old Bridge Surgery Partners and team