Dear all

As a community we are facing unprecedented challenges to our ordinary lives, it has been a highly challenging and rapidly changing week for all of us. HQ BFC Medical Branch is working hard to bring you the most relevant and up to date guidance.

We understand some changes to guidance can lead to confusion as they may contradict previous advice provided to you. You should be aware the scientific information regarding our response to COVID19 changes day by day, hour by hour. We hope you can be patient and accepting of changes during this difficult period and encourage you to continue to protect your fellow community members by following the latest guidance as best you can.

Isolation periods are currently under review

People within the BFC community who received or will receive a negative COVID 19 test result, from 18:00 on Friday 20th March 2020 and onwards, should remain in isolation, the length of your isolation period will be communicated to you by your health centre as soon as the review is complete, please be patient.

If you received a negative test result prior to this date you should remain in isolation for the original period that you were advised.

If you are no longer in isolation because your period of self-isolation ended, you do not need to return to isolation unless you become unwell again.

Thank you for your understanding and continued community spirit which has been heartening to witness during the last week, please continue to help and be kind to those around you, together we can make a difference.

HQ BFC Medical Branch