



PLEASE READ CAREFULLY
The new Covid-19 rules for London

As from 12.01am on the 5th January 2021 London entered LOCKDOWN: STAY AT HOME.

This is for the whole of England where there is a rapidly rising level of infections, due to the new fast-spreading variant of Covid-19. For more information, please go to www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public

As from 12.01am on the 18th January 2021 all travel corridors to the UK were closed.

This means that all travellers arriving in the UK must show proof of a negative COVID-19 test, taken 72 hours before travelling, to be allowed entry. All passengers must self-isolate for up to 10 days with isolation only being cut short with a negative test after five days.

HOW TO SELF ISOLATE AT CALPE HOUSE

- Once you arrive at Calpe House you **and** your escort, **MUST** self-isolate in one place ie; your room, for the full self-isolation period (10 days)
- You can only come out of isolation in order to travel to/from your hospital appointments.
- You must travel to and from hospital appointments using Addison Lee cabs (Tel No: 020 7387 8888). We will happily book your cabs for you; please let us know in advance the date and time.
- During isolation, essential items can be ordered via Deliveroo and/or the supermarkets online, if you can get a delivery slot. Please let the admin team know via telephone call or WhatsApp, when a delivery is due so that they can bring it to your room. If necessary, a member of the admin team can go to the local supermarket for you but please remember, we are only here Monday to Friday.
- You and your escort must not use the communal areas until your self-isolation period is over, and once you are out of self-isolation you must stay apart from other people at all times.
- It is important to avoid contact with other people as much as possible in order to reduce the risk of transmitting the virus.
- Masks must be worn at all times outside of your room or when interacting with another person ie; a member of the admin team when essential items are delivered to your door.
- You must not have any visitors to your room.
- You should keep your room well ventilated as best possible.

Thank you & keep safe
Calpe House Staff