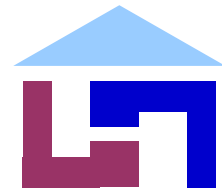




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Housing Association Ltd

To: All Tenants & Staff

Date: 7 October 2025

Dear Tenants and Colleagues,

## Staying Well This Autumn - COVID-19 & Respiratory Illness Update

As we move into the autumn months, I want to take a moment to update you on the current situation regarding COVID-19 and other seasonal respiratory illnesses, and to share some simple, practical steps we can all take to keep ourselves and one another well.

The UK Health Security Agency (UKHSA) has confirmed that two new COVID-19 variants known as 'Stratus' and 'Nimbus' are now the most common lineages circulating in the UK. Together, they now account for more than 60% of cases identified, however, importantly there is currently no evidence that these variants cause more severe illness than previous strains.

### Recognising Symptoms

According to NHS guidance, symptoms of COVID-19 and other respiratory infections can include:

- Sore throat or hoarse voice,
- Runny or blocked nose,
- Cough and sometimes shortness of breath,
- Fever, or generally feeling unwell and unusually tired,
- Headache or muscle aches.

If you feel unwell or have a fever, the NHS advises that you try to stay at home and avoid contact with others until you feel better. If you test positive for COVID-19:

- Adults are advised to try to stay at home for 5 days from the day of the test,

- Everyone should avoid close contact with vulnerable people for 10 days after testing positive.

Many people are no longer infectious after 5 days, but some may remain infectious for up to 10 days. Where possible scheme-based staff will, therefore, work remotely until the 10-day period has expired. Sensible precautions and extra care, should still be taken after day 5; such as wearing a mask in close contact with others and avoiding visits to older or more vulnerable people,

### **Protecting One Another**

- Attend COVID-19 and flu vaccination appointments if you are offered them as they remain the best protection against serious illness; where necessary, staff are able to book these at the Organisation's expense,
- Minimise social activities in confined spaces if you're feeling 'under the weather', even if your symptoms are mild,
- Keep spaces well ventilated wherever possible,
- Practise good hand hygiene regularly

You may notice some staff members wearing face masks over the coming weeks. This should not be a cause for concern. Staff may choose to wear masks to protect themselves, helping them to continue supporting you as normal, and to reduce the risk of passing on infections to others.

We know that living and working within close communities means that small steps make a big difference. By looking out for one another, following NHS guidance, and taking vaccinations when offered, we can help keep our schemes and workplaces safe and healthy throughout the autumn and winter.

Thank you for your continued care, support, and understanding.

With warm regards,

*Joe Petty*

JP Petty  
Lieutenant Colonel (Retired)  
Chief Executive Officer

Distribution:

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