

# (COVID) Community Champions

## Briefing

w/c 18 April 2022



## COVID-19 Data – National & Local

- Surrey's [COVID-19 Intelligence Summary Report](#) is published every Tuesday.
- [National data](#) on cases, vaccine, deaths is updated daily, also available in easy-read version
- [Public Health England Campaign Resource Centre](#)
- **COVID-19 Cases & Deaths**
  - The ONS estimates that the percentage of people testing positive for COVID-19 increased in England in the week ending 2nd April 2022. It is estimated that 7.6% of the population in England and 7.2% of the population in the South East had COVID-19
  - The estimated **R number** for the South East is 1.0 to 1.2. There is a high degree of uncertainty around this estimate due to highly variable transmission across the region
  - In England there was **979 new deaths** (3-9 April 2022)
- **COVID-19 Vaccinations**
  - Up to 10th April, **960,108** (85%) people aged 12+ in Surrey have received the **1st dose of a vaccination for COVID-19**, **916,758** (81%) people in Surrey have received the 2nd dose. **757,470** (67%) people aged 12+ in Surrey have received a booster or third dose of a vaccination.
- **COVID-19 Hospitalisation**
  - COVID-19 hospital admissions have remained steady in Surrey and in England, with **521** in Surrey

## Key Message: New COVID-19 guidance in health care settings

[This guidance](#) outlines the infection prevention and control (IPC) principles required to prevent transmission of COVID-19 and other respiratory viruses and minimise disruption to health and care services.

Contact with relatives and friends is fundamental to care home residents' health and wellbeing and visiting should be encouraged. [Supplementary guidance](#) provides key recommendations to consider before visiting a care setting:

- Avoid visiting a care home if you're feeling unwell (symptomatic), try to stay at home and avoid visiting the care home until at least 5 days after you feel better
- Visitors providing personal care to a care home resident will need to wear PPE and have a negative COVID-19 test before entering the care home. Care homes have the LFD tests to support this.

If you feel unwell or have a temperature with COVID-19 or flu-like symptoms, here's what you can do:



Share: New COVID-19 guidance provides important public health advice for [people with symptoms of respiratory infections including COVID-19](#) and advice for everyone on [safer behaviours](#) that can help to reduce the spread of infections and protect those around them

## Local Vaccine Information

NHS Surrey Heartlands CCG	Frimley Health & Care ICS
<ul style="list-style-type: none"><li>• <a href="#">Frequently Asked Questions</a></li><li>• <a href="#">Vaccination Programme Updates</a></li><li>• <a href="#">Vaccination Sites</a></li><li>• <b>Vaccination helpline (not booking service):</b> 0300 561 2500 9am-4pm (Mon-Fri) syheartlandscg.vaccination@nhs.net</li><li>• <b>Twitter:</b> @SyHeartlandsCCG</li><li>• <b>Facebook</b> @NHSSurreyHeartlandsCCG</li></ul>	<ul style="list-style-type: none"><li>• <a href="#">Frequently Asked Questions</a></li><li>• <a href="#">Vaccination Programme Updates</a></li><li>• <a href="#">Vaccination Sites</a></li><li>• <b>Twitter:</b> @FrimleyHC</li><li>• <b>Facebook:</b> @FrimleyHealthandCare</li></ul>

### COVID-19 Spring Booster:

You are eligible for a [Spring Booster](#) if you are:

- Aged 75 years old or over
- Aged 12 years old or over with a [weakened immune system](#) (second booster)

People are advised to wait 6 months since their previous dose to get maximum protection from a spring booster.



### COVID-19 Vaccination for children 5 -11 years old.

Children aged 5 to 11 can now have their COVID-19 vaccination. Parents and guardians can visit the [National Booking Service](#) to book an appointment.

- You can book your child's 1st dose online from the day they turn 5.
- You can usually book their 2nd dose from 24 hours after they had their 1st dose.
- You'll be offered appointment dates from 12 weeks after their 1st dose.

The COVID-19 vaccination will reduce the chance of children suffering from COVID-19 disease. It may take a few weeks for their bodies to build up some protection from the vaccine.

Two doses of the vaccine should give children long lasting protection against serious complications of infection, including any future waves due to new variants.

Children should also have some protection from the mild symptoms. The protection against mild Omicron infection should last for several weeks.

In the [Guide for Parents of Children aged 5 to 11](#) parents and guardians can find useful information and resources to take an informed decision.



Share: Children aged 5 to 11 can now have their COVID-19 vaccine. Parents and guardians can book vaccinations now at [nhs.uk/covidvaccination](https://nhs.uk/covidvaccination) or call 119

## COVID-19 Testing

Order a [free NHS COVID-19](#) test or call 119 if you're [eligible](#).  
[SignVideo](#) is a free online British Sign Language interpreter service for 119.

### [Finding and Choosing a COVID-19 Test Provider – Guidance](#)

Not all providers offer the same testing services. Before you look for a private provider, you'll need to identify what testing service you need. E.g., Pre-departure travel test (fit to fly) and general population COVID-19 test.

This guidance sets out what you should know before you look for a private provider or book a test, including information on:

- [Minimum standards](#)
- UKAS accreditation
- The provider list published on [GOV.UK](#)
- What the Government is doing to protect consumers



**Share: Anyone with a positive COVID-19 test result are advised to stay at home and avoid contact with other people for five days, which is when they are most infectious. [GOV.UK](#)**

## Stress Awareness Month – April



### April is Stress Awareness Month!

We all experience stress – yet we may experience it in very different ways. While a little stress is fine, too much can wear you down - mentally & physically.

Learning to cope with our stress & finding healthy ways to deal with these situations can go a long way in living a healthy & positive life.

Stress is something everyone feels at times, and there are all kinds of stressful situations that can be a part of daily life. Low-level stress can even be helpful or motivational.

There are plenty of things you can do to help cope with stressful events, and simple steps you can take to deal with feelings of stress or burnout.

Visit [Every Mind Matters](#) website to find tips and expert advice to help you look after your mental health and wellbeing if you are feeling stressed or anxious.



**Share: April is Stress Awareness Month. There are lots of little things you can do to reduce and manage your stress levels, visit [NHS.UK/EveryMindMatters](#)**