

(COVID) Community Champions

Briefing

w/c 20 Dec 2021



COVID-19 Data – National & Local



Data shown for time period Sunday 12 December 2021 to Saturday 18 December 2021

*Rate represents number of cases per 100,000 population for the last 7 days
**Changes are relative to the previous 7 days (5 December - 11 December). If there is an increase of less than 10%, a grey arrow will indicate that the rate may have plateaued, but is not showing a significant rise or drop

Change**		Cases (7 days)	Rate (7 days)	% Change**
↑	Elmbridge	2,193	1,598.2	90%
↑	Epsom and Ewell	1,231	1,519.7	147%
↑	Reigate and Banstead	2,132	1,428.5	59%
↑	Guildford	1,964	1,306.3	86%
↑	Tandridge	1,106	1,249.1	85%
↑	Woking	1,237	1,236.9	71%
↑	Waverley	1,408	1,112.6	47%
↑	Mole Valley	964	1,101.1	64%
↑	Spelthorne	1,092	1,093.4	63%
↑	Surrey Heath	944	1,058.2	69%
↑	Runnymede	943	1,044.0	101%
↑	Surrey	15,214	1,268.0	77%
↑	South East	86,708	940.7	42%
↑	England	487,714	862.4	59%

- [Surrey County Council](#) COVID updates and resources including translations into different languages
- Surrey's data [full data report](#) is published every Friday. This includes case rates, VOCs and vaccinations
- [National data](#) on testing, cases, vaccine, deaths is updated daily, also available in easy-read version
- In the UK, up to 20 December **584,688** people tested positive in last 7 days, an **increase of 60.8%**, with 786 deaths within 28 days of a positive test between 7 to 13 December, a decrease of 5.4% (n=45) from previous 7 days
- 1st vaccine doses: **51,498,034** (89.5% of population aged 12+) reported up to 22 November
- 2nd vaccine doses: **47,051,876** (81.8% of population aged 12+)
- Booster or 3rd doses: **28,978,244** (50.4% of population 12+) reported up to xx November
- [R number](#) for England is 0.9 to 1.1, daily infection growth rate range of -2% to +2%, as of 17 December
- [Public Health England Campaign Resource Centre](#)

Key Message: Every adult in the country now needs to get a COVID-19 booster vaccine to strengthen their protection against Omicron variant. Get your booster now!

Effectiveness of COVID-19 booster vaccination

On 16 December the [UK Health Security Agency](#) (UKHSA) published results of a study on the effectiveness COVID-19 booster vaccine (Comirnaty, Pfizer-BioNTech) against COVID-19 related symptoms and hospitalisation in England. The findings show that two weeks after receiving a COVID-19 booster vaccine, **protection against symptomatic infection was 89.1% in those with Astra-Zeneca as their primary course and 84.5% for Pfizer-BioNTech.**

Also, results from a [real-world study](#) by UKHSA, shows that **booster COVID-19 vaccines give an estimated 70% to 75% protection** against mild disease from the new omicron variant.

These studies provide real-world evidence of significant increased protection from the booster vaccine dose against symptomatic disease and hospitalisation irrespective of the primary course.



Share: A COVID-19 booster vaccine will strengthen your protection from serious illness from COVID-19 and give you the best possible defence for you and your family. Get boosted now!. Visit [GOV.UK](#)

COVID-19 Vaccinations

Local Vaccine Information

NHS Surrey Heartlands CCG

- [Frequently Asked Questions](#)
- [Vaccination Programme Updates](#)
- [Vaccination Centres](#)
- **Vaccination helpline (not booking service):**
0300 561 2500 9am-4pm (Mon-Fri)
syheartlandsccg.vaccination@nhs.net
- **Twitter:** @SyHeartlandsCCG
- **Facebook** @NHSSurreyHeartlandsCCG

Frimley Health & Care ICS

- [Frequently Asked Questions](#)
- [Vaccination Programme Updates](#)
- [Vaccination Sites](#)
- **Twitter:** @FrimleyHC
- **Facebook:** @FrimleyHealthandCare

COVID-19 Vaccination updates

- All adults aged 18 and over can now book their COVID-19 booster vaccine [online](#).
- Time between 2nd vaccine dose and booster vaccine has been reduced to 3 months. You can pre-book a booster dose from 2 months (61 days) after your 2nd dose, the appointment dates you'll be offered will be from 3 months (91 days) after your 2nd dose
- All those aged 16 and over can book their vaccination through the [NHS booking service](#). You can also call 119 free of charge, anytime between 7am and 11pm, seven days a week. Alternatively, find your nearest walk-in vaccination centres, on the [NHS website](#)
- Young people aged 12 to 15 in England are now being offered a second dose of the COVID-19 vaccine. They will be able to receive their vaccinations through their schools vaccination programme. Alternatively, parents can now book an appointment for their child at a local [NHS vaccine site](#) via the [online booking system](#)
- People aged 16 and over with a severely weakened immune system who have had their 3rd dose, are eligible for a booster dose from 3 months after their 3rd dose. Their GP or hospital specialist will invite them for their booster dose when it's due.
- People eligible for a booster dose who have tested positive for COVID-19 must wait 4 weeks (28 days) before getting boosted.
- The 15-minute observation period following Pfizer-BioNTech and Moderna vaccines can be waived during the emergency response to the Omicron variant. This observation period will remain in place for people who may have previously suffered anaphylaxis or other allergic reactions to a food, insect sting, medicines or vaccines.

Let's stay safe this festive season:

- Get your COVID-19 booster vaccine if you're over 18
- If you haven't had your COVID-19 vaccination yet, it's not too late to get your 1st or 2nd dose now
- Take a LFD test before meeting people
- Open windows to let fresh air in when friends and family are over
- Wear a face covering when required
- Isolate if you get a positive LFD test and book a [PCR test](#)



Share: Take a rapid LFD test before you go home for the festive season break to help keep friends and family safe. [NHS.UK/get-tested](https://www.nhs.uk/get-tested)

COVID-19 Testing

Local Testing Information

Testing – for those without symptoms

- [Order a lateral flow test online](#) or use [NHS postcode checker](#) to find a nearby pharmacy where you can get one

Testing – for those with symptoms

- Get a [free PCR test](#)
- Or call 119

Remember: all fully vaccinated visitors or residents coming to England must show a negative PCR or LFD test before traveling. Once in England they must take a [PCR test](#) within 48 hours of arrival and quarantine until negative result is confirmed. If the test result is positive, they must self-isolate for 10 full days.

For information on **not fully vaccinated visitor** click [here](#)

NHS COVID Pass

By signing into the free [NHS app](#), you will be able to show proof of your COVID-19 vaccination or negative test status upon request (COVID Pass). This information will be valid for 30 days from the moment you access it or download it as a PDF, after which you will need to refresh to obtain a new version.

If you're unable to use the NHS app, you can also view your vaccination status on the [NHS website](#) or print a paper version before heading to your destination. Those unable to access online services can also call 119 to request a letter to serve as evidence of their vaccination status instead.

COVID Pass rules: Since 15 December to enter certain venues and events in England you must have proof of one of the following:

- you are vaccinated with 2 doses of an approved vaccine (or one of the single-dose Janssen vaccine)
- you have completed a negative PCR test or LFD test within the past 48 hours
- you are exempt from vaccination and/or testing on the basis of a medical exemption or clinical trial participation

A COVID Pass secured via a negative [PCR or LFD test](#) result will be valid for 48 hours before a new version is needed. You should take tests as late as possible before attending the event, ideally within 12 hours.

Updated guidance for close contacts of COVID-19 confirmed cases: Anyone aged 5 years and over, who has been identified as a contact of someone with COVID-19 and who is not legally required to self-isolate, is now **strongly advised to take a LFD test every day for 7 days** or until 10 days since their last contact with the person who tested positive for COVID-19 if this is earlier. If any of these LFD tests are positive, they should self-isolate immediately and book a PCR test, and continue isolating while you wait for your result.



Share: Get prepared, before going out or traveling abroad get your NHS COVID Pass.

Download a copy or save it to your device before you go. Visit [NHS.GOV/covid-pass](https://www.nhs.gov/covid-pass)

Take a break this festive season



If you are feeling overwhelmed by the festive season, allow yourself to take time out if you find your stress levels rising. You may want to head out for a walk, go out for a coffee or relax on your own - whatever will help you to unwind.

If you are experiencing stress, anxiety or depression, the NHS can provide free psychological therapies like [cognitive behavioural therapy \(CBT\)](#). You can [refer yourself directly](#) to a psychological therapies service without a referral from a GP.

Visit the [NHS website](#) for helpful advice, or visit [Healthy Surrey](#) to access free local support services in Surrey.



Share: Not everyone will be feeling jolly this festive season. If you're struggling with low mood and or anxiety visit [Healthy Surrey](#) #FACEOFSUPPORT for free local support services.