

Community (COVID) Champions

Weekly Briefing

w/c 11 Oct 2021



COVID-19 Data – National & Local



Data shown for time period Monday 4 October 2021 to Sunday 10 October 2021

*Rate represents number of cases per 100,000 population for the last 7 days
 **Changes are relative to the previous 7 days (27 September - 3 October). 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	757	551.7	27%
↑	Woking	505	505.0	80%
↑	Surrey Heath	418	468.6	63%
↑	Spelthorne	465	465.6	22%
↑	Reigate and Banstead	631	422.8	16%
↑	Waverley	504	398.2	26%
↑	Guildford	580	385.8	20%
↑	Tandridge	324	365.9	11%
→	Epsom and Ewell	285	351.8	-1%
↑	Runnymede	290	321.1	33%
→	Mole Valley	253	289.0	2%
↑	Surrey	5,012	417.7	26%
↑	South East	33,542	363.9	18%
↑	England	213,414	377.4	13%

- [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 12 October **270,585** people tested positive in last 7 days, an increase of 13.5%, with **795** deaths within 28 days of a positive test between 6 to 12 October, increase of 2.3% (n= 18) from previous 7 days.
- 1st vaccine doses: **49,216,092** (85.6% of population aged 12+)
- 2nd vaccine doses: **45,212,813** (78.6% of population aged 12+)
- [Public Health England Campaign Resources Centre](#)

Key Message: Flu and COVID-19 vaccines are our best protection ahead of winter



Boost your immunity this winter

Flu and COVID-19 can both be life-threatening and spread more easily in winter, when we are all crowded together inside.

So [most adults](#) and [children](#) are eligible for a flu vaccine, [COVID-19 booster](#), or both.

It's the most effective way to boost our natural immunity and protect ourselves from these viruses.

So, book your vaccine appointments now and BOOST your immunity this winter. Visit nhs.uk/wintervaccinations



Share: Boost your immunity this winter. Flu and COVID-19 can both be life-threatening and spread more easily this winter. Most adults and children are eligible for a flu vaccine, a COVID-19 booster or both. [Book you appointment now](#)

Local Vaccine Information

NHS Surrey Heartlands CCG

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

Frimley Health & Care ICS

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

Unvaccinated pregnant women at risk

NHS and [Royal College Obstetrician Gynecologist \(RCOG\)](#) are urgently calling all pregnant women or those who are planning to become pregnant, to come forward for their COVID-19 vaccination.

RCOG stated that the number of unvaccinated pregnant women in intensive care shows there is a “significant risk of severe illness from COVID-19 in pregnancy”

New data from [NHS](#) shows that nearly 20% of the most critically ill COVID-19 patients are pregnant women who have not been vaccinated.

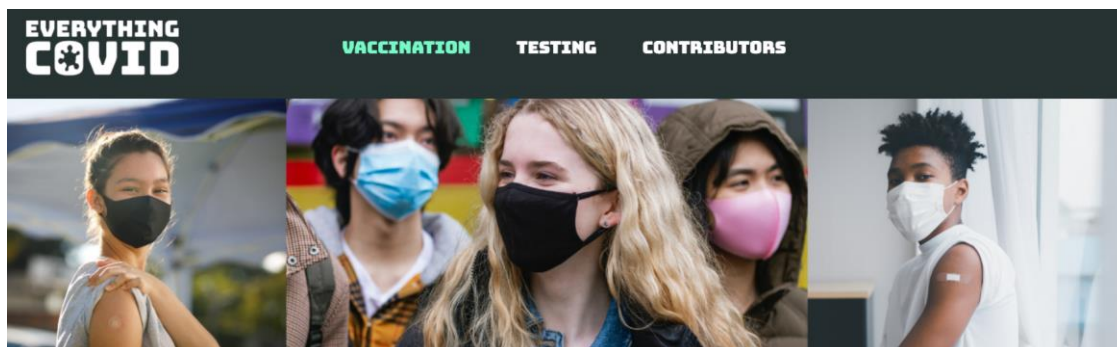
It is much safer to be vaccinated against COVID-19 than get COVID-19 if you are pregnant or may become pregnant.

For more information about COVID-19 vaccine and pregnancy visit: [NHS.UK](#) and [RCOG](#)



Share: If you're pregnant you can get a free flu vaccine from your GP, pharmacist or through your maternity service. Don't delay, [book your appointment now](#)

[EverythingCOVID.info](#) has been designed by young people for young people, here you can learn more about the COVID-19 vaccines, testing, get answers to your questions and when ready, organise your vaccination locally.



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
- If you've been in close contact with someone who's tested positive for COVID-19 you can get a [free PCR test](#), whether or not you have symptoms.
- You may also be able to get a test via work or study - watch this short [video](#) on how to do a rapid lateral flow test at home
- Or call 119
Click [here](#) for more information about testing from NHS

International travel - Updated

- From 11 October the [red list](#) has been reduced to seven destinations.
- Eligible [fully vaccinated](#) passengers and eligible under 18s returning from countries and territories not on the red list, can do so with just a [day 2 test](#).
- Other passenger who are [not fully vaccinated](#) with an authorised vaccine returning from a non-red destination must still take a [pre-departure test](#), a [day 2 and day 8 test](#) and complete 10 days self-isolation (with the option of [Test to Release](#) on day 5).



Share: Rapid COVID-19 testing twice a week will help us stay away of the virus. Report your test result each time, whether it's positive, negative or void. Test at home, report online and keep life moving. Report your results [here](#)

Why you should get tested regularly?

About 1 in 3 people with COVID-19 do not have symptoms but can still infect others.

Do a rapid **test twice a week** (every 3 to 4 days) to check if you have the virus and report your results [here](#). If you have a positive result, self-isolate and book a [PCR test](#).

Even if you're vaccinated, there's still a chance you can pass COVID-19 on, so you should keep getting tested regularly.

School, College and Nursery testing: If you attend or work at a school, college or nursery you can get rapid tests through your school, college or nursery. You're advised to do a **test twice a week**. Children under 11 do not need to do rapid tests.

Your COVID Recovery

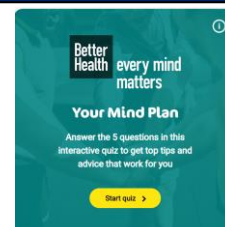


The [Your COVID Recovery](#) programme (password-protected web app) has been developed to give a more personalized and tailored approach to care. It is designed to help individuals recover from the long term effects of coronavirus (COVID) and manage the effects both on their body and mind effectively, reducing the impact it has on their day-to-day life.

[Your COVID Recovery website](#) is available to all and provides the latest advice on recovering from the virus.

Get your Mind Plan – Every Mind Matters

There are lots of little things we can do to take care of our mental health. Visit [every mind matters](#) to get you own personalised mental health action plan and see what works for you.



Share: [Every Mind Matters](#), answer the 5 questions in this interactive quiz to get top tips and advice that work for you