

(COVID) Community Champions

Briefing

w/c 31 October 2022



COVID-19 Data – National & Local

- Surrey's [COVID-19 Intelligence Summary Report](#) is now being published in the first week of the month. Next report is due on the 6th of December.
- [National data](#) on cases, vaccine, deaths is updated weekly, 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 remained steady in England in the week ending 17th October 2022. It is estimated that **3.2%** of the population in England and **3.1%** in the South-East had COVID-19
 - The estimated **R number** for the South-East is **0.8 to 1.1**. There is a high degree of uncertainty around this estimate due to highly variable transmission across the region.
- **COVID-19 Vaccinations**
 - Up to 25th October, **965,617 (84%)** people aged 12+ in Surrey have received the 1st dose of a vaccination for COVID-19, and **932,457 (82%)** people in Surrey have received the 2nd dose. **776,099 (68%)** people aged 12+ in Surrey have received a booster or 3rd dose of a vaccination.
- **COVID-19 Hospitalisation**
 - COVID-19 hospital admissions have decreased in Surrey and in England, with **211** in Surrey hospitals this week (18th October to 24th October 2022).

Key Message: COVID Boosters and flu vaccines are the best way to boost your immunity this winter. If you're eligible come forward and get vaccinated as soon as you can

Top up your immunity

Protection provided by COVID-19 vaccines decreases over time and flu viruses can change every year.

The flu vaccine is a safe and effective vaccine. It can provide protection to those that are most likely to become seriously ill from flu and help reduce the spread of flu in the population.

While flu is unpleasant for most people it can be very dangerous and even life threatening for some people, particularly people with certain health conditions. For them, it can increase the risk of developing more serious illnesses such as bronchitis and pneumonia or can make existing conditions worse.

The best time to have the flu vaccine is in the autumn or early winter before flu starts spreading. Find out if you're eligible at [nhs.uk/wintervaccinations](https://www.nhs.uk/wintervaccinations) and book now.



Share: Some health conditions put you at increased risk of hospitalisation from flu and COVID-19 so it is important you get vaccinated ahead of winter. Find out if you are eligible at [NHS.UK](https://www.nhs.uk) and book now.

COVID-19 Vaccination

Local Vaccine Information

NHS Surrey Heartlands	Frimley Health & Care
<ul style="list-style-type: none">• Frequently Asked Questions• Vaccination Programme Updates• Vaccination Sites• Twitter: @SurreyHeartland• Facebook @SurreyHeartlandsHCP	<ul style="list-style-type: none">• Frequently Asked Questions• Vaccination Programme Updates• Vaccination Sites• Twitter: @FrimleyHC• Facebook: @FrimleyHealthandCare



COVID-19 Autumn booster

Data shows that immunity provided by COVID-19 vaccines decreases over time, so it's important for those eligible to 'top up' with the COVID-19 autumn booster.

So, if you're 50 or over, in an at-risk group, pregnant, or carer, book a vaccine appointment [online](#) or find the nearest [walk in](#) vaccination site

NOTE: Please see below details of the new pop up walk-in COVID-Booster Clinics in Guildford and Waverley during November and help to pass on this message around your community.

Location	Date & Time
Jacobs Well Village Hall	Friday 28 th October, 10am – 4pm
Farncombe Cricket Club	Wednesday 2 nd November, 10am – 4pm
The Glebe Centre, Ewhurst	Sunday 6 th November, 10am – 4pm
St Alban's Church, Wood Street Village, Guildford	Monday 7 th November, 10am – 4pm
Hascombe Village Hall	Sunday 20 th November, 10am – 4pm



Share: This autumn/winter it's essential you protect yourself and others against both flu and COVID-19. Find out more at nhs.uk/wintervaccinations

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](#)

Stay Well This Winter

Winter conditions can make some health problems worse and even lead to serious complications, especially for people aged 65 or older, and people with long-term health conditions. Being cold can raise the risk of increased blood pressure, heart attacks and strokes. The cold and damp weather, ice, snow and high winds can all aggravate any existing health problems and make us more vulnerable to respiratory winter illnesses. But there are things you can do to stay well this winter.



The poster features the NHS logo at the top right. On the left, it says 'UK Health Security Agency' and 'We're here to help you stay well this winter'. Below this, it reads 'Some important information from the NHS to help you stay well this winter' and 'www.nhs.uk'. At the bottom left, there is a 'Your health matters' logo and the slogan 'Help us help you'. On the right, a photograph of Nancy Mutal, a staff nurse, is shown. Her name and title are printed at the bottom of the photo.

- **Get advice if you feel unwell**, if you are 65 or over, or in one of the other at-risk groups, it's important to get medical help as soon as you feel unwell. Contact your local Pharmacist, call your GP or NHS 111 if you have an urgent medical problem.
- **Make sure you get your [COVID-19 booster and flu vaccine](#)**, if eligible
- **Keep your home warm**, heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use. This is particularly important if you have a pre-existing medical condition. Make sure you're receiving all the help that you're entitled to. Visit www.simpleenergyadvice.org.uk and www.gov.uk/browse/benefits/heating for further information.
- **Look out for other people**. Remember that other people, such as older neighbours, friends and family members, may need a bit of extra help over the winter.
- **Keep active**, try to reduce the amount of time you spend sitting down during the day. Break up your time spent being inactive by walking around your home or standing up from your chair during TV advert breaks or when you're on the phone.
- **Handwashing** with soap and water is one of the easiest ways to protect yourself and others from illnesses such as food poisoning, diarrhoea, flu and COVID-19

For more information how to stay well this winter, visit [How to stay well in winter - NHS \(www.nhs.uk\)](#)



Share: To manage winter illness symptoms at home, you should keep warm, rest, drink plenty of fluids, have at least one hot meal a day to keep your energy levels up and use over-the-counter medicines to help give relief. Visit [NHS.UK](#)