

(COVID) Community Champions

Briefing

w/c 9 January 2023



COVID-19 Data – National & Local

- Surrey's [COVID-19 Intelligence Summary Report](#)
- [National data](#) on cases, vaccine, deaths is updated weekly, also available in easy-read version.
- [Public Health England Campaign Resource Centre](#)
 - The ONS estimates that the percentage of people testing positive for COVID-19 increased in England in the week ending 28st December 2022. It is estimated that **4.5%** of the population in England and **5.2%** in the South-East had COVID-19
 - The estimated **R number** for the South-East is **1.0 to 1.2**. The publication of the R number was stopped on 23 December 2022. Future interactions of this report will therefore not include this statistic.
 - Up to 3rd January, **966,256 (84%)** people aged 12+ in Surrey have received the 1st dose of a vaccination for COVID-19, and **933,309 (81%)** people in Surrey have received the 2nd dose. **778,131 (68%)** people aged 12+ in Surrey have received a booster or 3rd dose of a vaccination. **350,524 (69%)** people aged 50+ in Surrey have received autumn booster vaccination
 - COVID-19 hospital admissions have decreased in Surrey and remained similar in England, with **267** in Surrey hospitals this week (27th December to 2nd January 2023).

Key Message: COVID and flu are circulating at high levels. Remember it's not too late to have your vaccines and protect yourself

Remember: Flu doesn't just affect older people. It can be serious, especially if you have a long-term health condition or a weakened immune system.

The flu vaccine is given free by the NHS to people who:

- are 50 and over (including those who will be 50 by 31 March 2023)
- have certain health conditions
- are pregnant
- are in long-stay residential care
- receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
- live with someone who is more likely to get a severe infection due to a weakened immune system
- and children (for more information visit [NHS.UK](https://www.nhs.uk))

Share: If you have symptoms of flu or COVID-19, try to stay at home and avoid close contact with others to protect friends and loved ones. Visit [NHS.UK](https://www.nhs.uk)

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 winter booster and Flu vaccine

COVID-19 and flu spread more quickly in winter and can cause serious illness.

If you're over 50 or in an at-risk group, you're eligible for a free flu vaccine and a COVID-19 booster.

To prevent spreading the infection, it's important to:

- Stay at home and avoid close contact with others if feeling unwell
- wash your hands thoroughly
- cover your mouth and nose when you sneeze or cough
- follow the [guidance for living safely with respiratory infections including COVID-19](#)

For COVID-19 book [online](#) or find the nearest [walk-in](#) vaccination clinic. For flu vaccine find your nearest pharmacy [here](#).

Surrey – COVID-19 Booster pop-up clinics during January

Place: The Glebe Community Centre, Ewhurst, Waverley, GU6 7PZ

Date: Thursday 12th January

Time: 10am – 2pm

Share: It's not too late to get vaccinated if you're eligible. For COVID-19 book [online](#) or find the nearest [walk-in](#) vaccination clinic. For flu vaccine find your nearest pharmacy [here](#).

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.

How to Stay Well in Winter

Cold weather can make some health problems worse and even lead to serious complications, especially if you're 65 or older, or if you have a long-term health condition.

In the [NHS website](#) you will find helpful advice about staying well this winter and suggestions how to help others. Also take a look at the [Healthy Surrey](#) website for more information how to stay well in winter.

Back to School –5 things to do to help manage winter illness

As students start to return to school, it's important to be aware of the winter illnesses currently circulating and the best ways to protect your child and others. Here are 5 simple actions that parents/carer of school age children can take to help protect their families and those around them.

1. **Staying home when unwell:** If a child is unwell and has a fever, they should stay home from school/nursery until they feel better, and the fever has resolved. If a child has diarrhoea and or vomits, they should stay off school/nursery for at least 48 hours after their symptoms clear up
2. **Hand hygiene:** Hand-washing is one the most effective ways to stop germs from spreading. Regularly washing hands in soap and warm water for 20 seconds or using hand sanitiser when out and about
3. **Catching coughs and sneezes:** Using a tissue to catch coughs and sneezes and then binning it before washing your hands with soap and water or hand sanitiser can help to stop infection from spreading
4. **Get vaccinated:** Flu vaccination is still available for all eligible age groups and is the best protection against the virus.
5. **Use [NHS resources for more information about winter illnesses](#):** [Information resources about flu symptoms and treating them at home](#), [information about COVID 19 in children](#), [information about fevers in children and how to manage them](#)

Share: It's not too late to get your child vaccinated against flu this winter to protect them from getting seriously ill. If they turned two or three before September 2022, book their flu vaccination now with your GP surgery. Visit [NHS.UK](#)