

Community (COVID) Champions

Weekly Briefing

w/c 30th August 2021



COVID-19 Data – National & Local



Data shown for time period Wednesday 18 August 2021 to Tuesday 24 August 2021

*Rate represents number of cases per 100,000 population for the last 7 days

**Changes are relative to the previous 7 days (11 August - 17 August). 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**
→	Surrey Heath	297	332.9	-5%
→	Waverley	414	327.1	1%
→	Reigate and Banstead	444	297.5	-7%
→	Elmbridge	400	291.5	-2%
→	Guildford	435	289.3	-10%
↓	Woking	285	285.0	-13%
↑	Tandridge	250	282.4	22%
→	Spelthorne	280	280.4	-9%
→	Epsom and Ewell	219	270.4	-7%
↓	Runnymede	234	259.1	-23%
↓	Mole Valley	219	250.2	-12%
→	Surrey	3,477	289.8	-6%
→	South East	27,736	300.9	-2%
→	England	179,127	316.8	-1%

- [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 30 August **236,433** people tested positive in last 7 days, an increase of 0.7%, with **681** deaths within 28 days of a positive test between 18 and 24 August, a decrease of 3.4% (n = -24) from previous 7 days
- 1st vaccine doses – **48,048,009** (88.4% of population)
- 2nd vaccine doses – **42,790,585** (78.7% of population)
- [R number](#) for England is **1.0 to 1.1**, daily infection growth rate range of **0% to 2%**, as of 27 August
- [Public Health England Campaign Resources Centre](#)

Key Message: Back to School – What you need to know

Children will be returning to school with fewer restrictions. There are **three key changes**:

Mixing and Bubbles: Students no longer have to be in year or classroom bubbles

Tracing Close Contacts: Close contacts will now be identified via NHS Test and Trace. Under 18s who are identified as a close contact will be asked to take a PCR test but will not have to self-isolate unless they have a positive result.

Face Coverings: Face coverings are no longer advised for pupils, teachers or visitors however they are recommended in crowded areas such as on public transport

Testing remains important in reducing transmission

Good hand hygiene should be encouraged as well as “Catch it, Bin it, Kill it”

Maintain appropriate cleaning regimes across the schools

Good ventilation of indoor areas

If someone tests positive on LFD or has symptoms, they should self-isolate straight away and get a PCR test.

Secondary aged children are being asked to test twice weekly, starting from now.



Share: [Back to School but not quite back to normal](#)



[Share on your Twitter Account](#)

You and your children can play your part in keeping Surrey Safe by:

- Testing regularly
- Get vaccinated with both doses if you are eligible
- Wear a face covering in crowded places
- Wash hands regularly
- Isolate if you test positive or have symptoms of COVID-19



[Download posters and leaflets for schools and colleges](#)

Vaccinations

All young people aged 16-17 are to be **offered** a first dose of a COVID-19 vaccine by Monday 23 August
New PHE Campaign Resources visit: [Young People Vaccines Resources](#)

- Adults aged 18 and over can access a COVID-19 vaccination by:
 - [Booking](#) an appointment
 - Visiting a [walk-in or pop-up clinic](#) - check you meet the criteria listed next to each venue before you attend
- Young people aged 16 and 17 will be contacted by a local NHS service such as a GP surgery to book their vaccination appointments. Some walk-in vaccination sites in Surrey are [offering](#) vaccinations to those aged 16-17 – check NHS CCG Surrey Heartlands [website](#) for full details
- Children aged 12 to 15 who are [eligible](#) for the COVID-19 vaccine (i.e. those with underlying chronic conditions who at increased risk of serious COVID-19 disease) will be contacted by a local NHS service such as a GP surgery to book their vaccination appointments



Local Vaccination Information – Useful Links

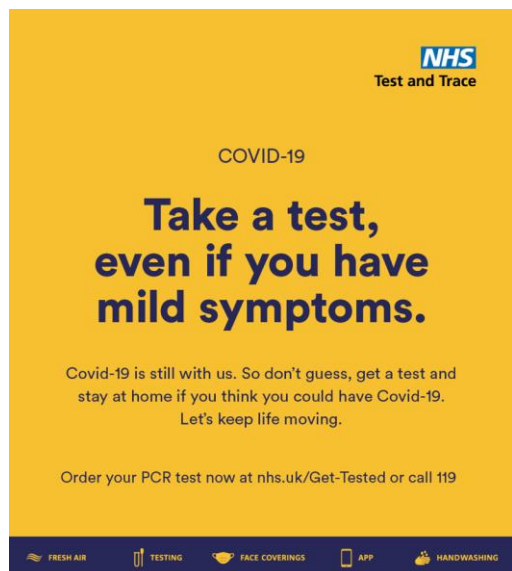
NHS Surrey Heartlands CCG

- [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

COVID-19 Testing



Take a test, even if you have mild symptoms

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
- 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

Testing – for those with symptoms

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



Share: COVID-19 hasn't gone away. Take a test, even if you have mild symptoms. Visit Surrey County Council [website](#) for more information

Know Your Numbers Week 6 – 12 September

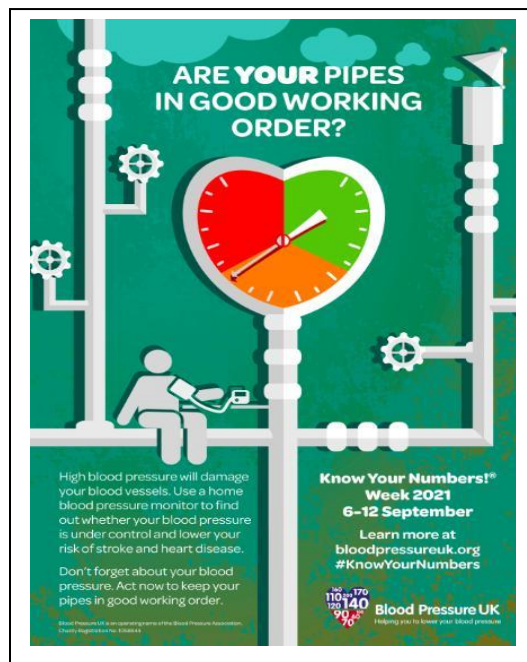
This year is the 21st anniversary of **Know Your Numbers** week, which raises awareness of knowing your blood pressure.

The theme this year is home monitoring. **Home blood pressure monitoring** is an effective and inexpensive way to keep blood pressure under control and the evidence behind it continues to get stronger. It gives you a way to take control of your health, feel confident and take the pressure off the NHS at the same time, as there's no need to visit your GP, practice nurse or pharmacist in person. It puts you in the driver's seat, and it really can save lives.

Around a third of people in the UK have high blood pressure, but most don't know it. It doesn't have any symptoms so, the only way to find out is to have a blood pressure check.

For home monitoring resources and advice visit [Blood Pressure UK](#)

The British and Irish Hypertension Society have a list of [clinically validated home blood pressure monitors](#) on their website



SHARE [Know Your Heart Age](#)

SHARE [Checking your blood pressure at home poster](#)