

(COVID) Community Champions

Briefing

w/c 08 August 2022



COVID-19 Data – National & Local

- Surrey's [COVID-19 Intelligence Summary Report](#) is published every two weeks.
- [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 has decreased in England in the week ending 26th July 2022. It is estimated that **3.9%** of the population in England and **3.8%** of the population in the South-East had COVID-19
 - The estimated **R number** for the South-East is **0.7 to 0.9**. There is a high degree of uncertainty around this estimate due to highly variable transmission across the region.
- **COVID-19 Vaccinations**
 - Up to 2nd August, **967,650 (85%)** people aged 12+ in Surrey have received the 1st dose of a vaccination for COVID-19, and **932,928 (82%)** people in Surrey have received the 2nd dose. **773,972 (68%)** people aged 12+ in Surrey have received a booster or third dose of a vaccination.
- **COVID-19 Hospitalisation**
 - COVID-19 hospital admissions have decreased in Surrey and in England, with **251** in Surrey hospitals this week (27th July to 31st July 2022).

Key Message: COVID-19 is still around this summer. Protect yourself & others by wearing a face covering in enclosed spaces, meeting friends & family outdoors where possible, opening windows when meeting others indoors and trying to stay home if you feel unwell.

COVID-19 Safe Behaviours

COVID-19 is still around this summer. Take these steps to keep yourself and others safe:

- ✓ Choosing to wear a face covering in crowded and enclosed spaces can help to keep everyone safer.
- ✓ Meeting friends or family? Meeting outdoors is safer, if you meet indoors, let fresh air in
- ✓ If you are in the office open windows to let fresh air in
- ✓ Try to stay at home if you are feeling unwell

Share: COVID-19 hasn't gone away. Meeting friends and family outdoors is safer. If you meet indoors, let fresh air in.

COVID-19 Vaccination

Local Vaccine Information

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

NHS Long COVID action plan

The NHS has set out the long COVID action plan for thousands of people with persistent symptoms. Patients with long-lasting symptoms from COVID will have access to more convenient tests and checks closer to home, under new [NHS measures announced 28 July](#).

Specialist clinics, dedicated to long COVID, will now be able to send people for tests at local one stop shops and mobile clinics, rather than people going back to their GP practice for multiple different tests.

The updated long COVID plan includes ambitions for all patients to have an initial assessment within six weeks to ensure they are diagnosed and treated quickly.

Latest estimates from the [ONS](#) show that around 1.6 million people in England are experiencing ongoing COVID symptoms lasting more than four weeks, with around one in five saying it has a significant impact on their daily life.

For more information on long COVID go to [Healthy Surrey](#)

COVID-19 Vaccination

It's never too late, you can get your first, second or booster dose of COVID-19 vaccine now. [Book online](#) or search for a [walk-in site](#).

Share: COVID-19 hasn't gone away so it's never too late to get vaccinated. Book an [appointment online](#) now or find a [walk-in centre](#) for your first, second or booster dose. [NHS.UK](#)

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](#)

Monkeypox – Spot it. Stop it

UK Health Security Agency (UKHSA) is continuing to lead the [national investigation of cases](#) in the monkeypox outbreak in England and has published the latest [epidemiological overview](#).

Anyone can catch monkeypox, the majority of monkeypox cases in the UK continue to be in gay, bisexual and other men who have sex with men, with the infection being passed on mainly through close contact between people in interconnected sexual networks.

Anyone who has been in close contact with someone who has had Monkeypox in the past 3 weeks is advised to check themselves for [symptoms, including rashes and blisters](#), particularly if they have recently had a new sexual partner. If they symptoms, they should take a break from attending events or having sex until they have called [Surrey Sexual Health](#) on 01483 675389 or 111.

Vaccinations are being offered to anyone considered to be a higher risk of exposure. More details can be found at [monkeypox: waiting for your vaccination - GOV.UK \(www.gov.uk\)](#)

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More info and advice on monkeypox can be found here: <https://nhs.uk/conditions/monkeypox/>

Beat the heat – staying safe in hot weather

With temperatures forecast to get warmer this week, the [UKHSA](#) has issued a [heat-health alert](#) for all regions in England. [UKHSA](#) wants everyone to enjoy the warm weather safely, so it's important to ensure that people who are more vulnerable are prepared for the hot weather.

Look out for vulnerable family, friends and neighbours – make sure they are aware of how they can keep cool and hydrated. Older people and people with underlying conditions are particularly at risk.

Out in the sun?

- Ultraviolet radiation (UV) from the sun can damage your eyes and skin. Check UV levels in your area if you're out and about.
- Wear suitable clothing and spend time in the shade when the sun is at it's hottest
- When buying sunscreen, the label should have:
 - A sun protection factor (SPF) of **at least 30** to protect against UVB
 - At least **4-start UVA** protection
 - Make sure the sunscreen is not past its expiry date. Most sunscreens have a shelf life of 2 to 3 years
- UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.

Share: Very hot weather is forecast this week. Let's look out for each other, some people may struggle to keep themselves cool and hydrated. Follow the recommendations on [GOV.UK](#)