

Public Health And COVID-19 RBKC Older People's Network

July 2020



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

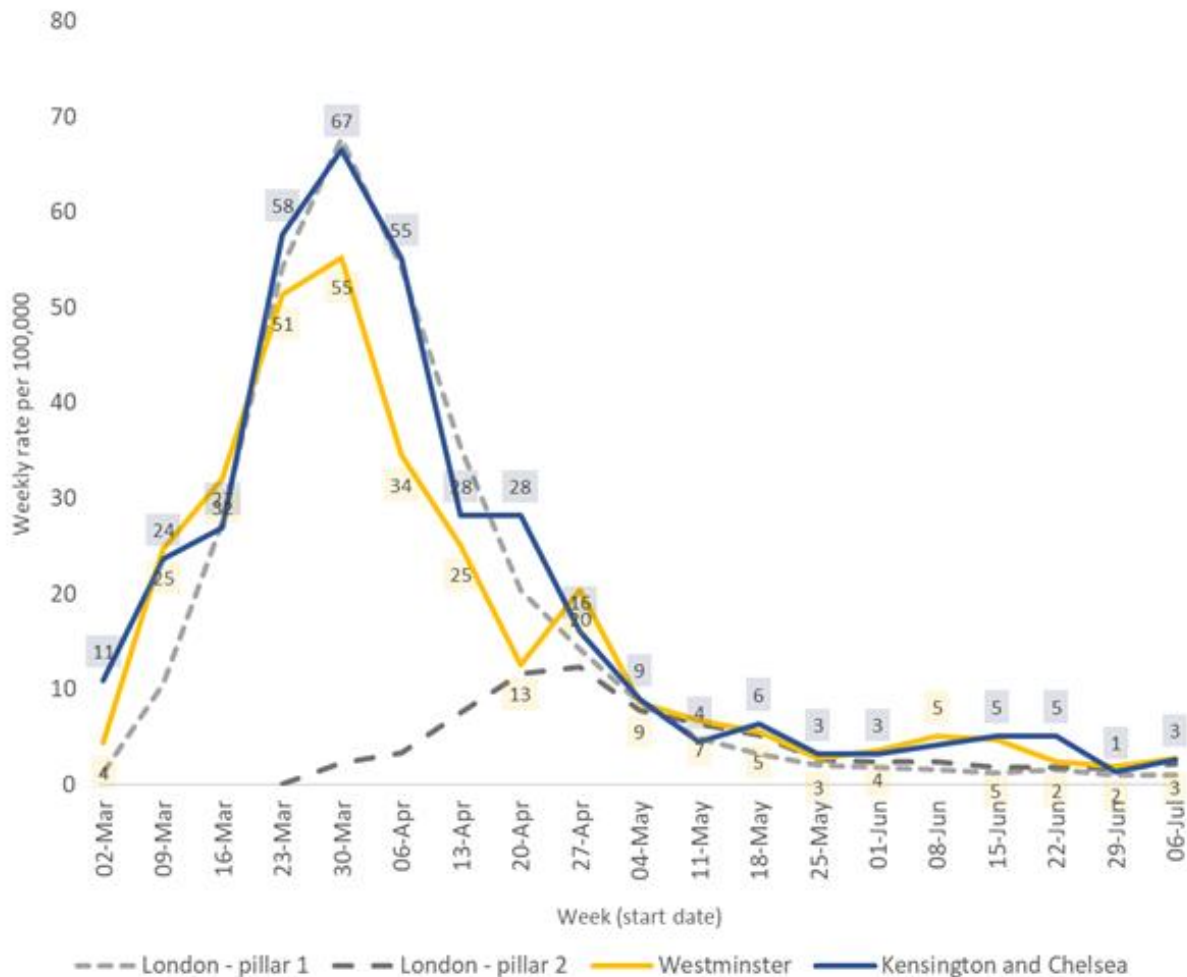
Agenda

1. Key local statistics
2. Disparities
3. Symptoms
4. Opening up group activities
5. Keeping ourselves safe
6. Test and Trace
7. Accessing the NHS

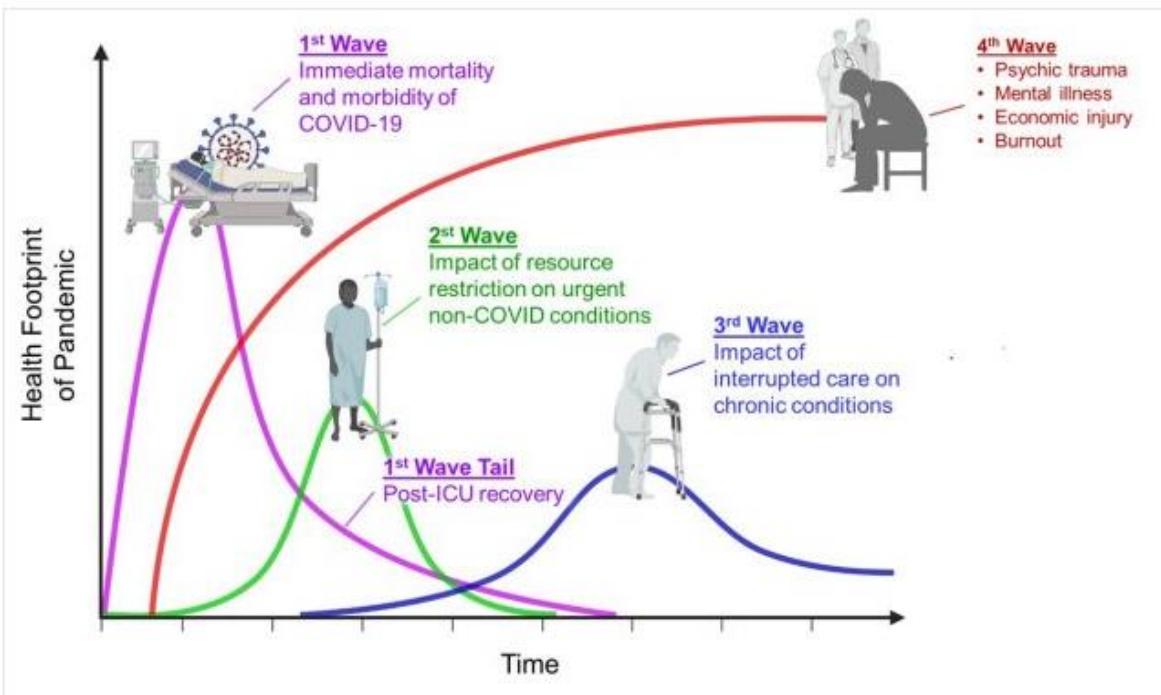
COVID 19 in RBKC

28th July 2020

- 35,165 confirmed cases London.
- 579 Confirmed Cases of Covid-19 in RBKC.
- There have been 176 Covid-19 registered deaths in RBKC.
(This is the number registered in the borough rather than the number of residents)



What might be the progress and consequences of COVID-19?



Tail of the first wave – up to 4 months post peak: prolonged post ICU or home recovery and impact on care and health service and ability to work/ work force. Potential for return of 1st wave and renewed increase in mortality and morbidity of COVID-19

Second wave – highest around 4 months post peak : increased mortality and morbidity from urgent non-covid19 presentations due to service restrictions, e.g. cancer investigations and treatment have been substantially reduced

Third wave – highest around 6 months post peak and persist at a higher level than previously for years: Impact of interrupted care on chronic conditions, e.g. services that have been suspended such as diabetes checks, smears, screening services.

Fourth wave - happening shortly after the pandemic and rising until flattening off after 9 months but persisting for quite some time: Psychic trauma, mental illness, economic injury leading to poor health outcomes and burnout. This will affect some groups more than others, likely those who have been economically injured.

Source for this slide:

- [Health Care Leadership Blog 7 April 2020](#) (accessed 21 April 2020)

PHE COVID-19: Review of disparities in risks and outcomes

Gender and Age

Almost 60% of COVID-19 deaths were men, despite accounting for 46% of cases.

People who were 80 or older were seventy times more likely to die once infected than those under 40.

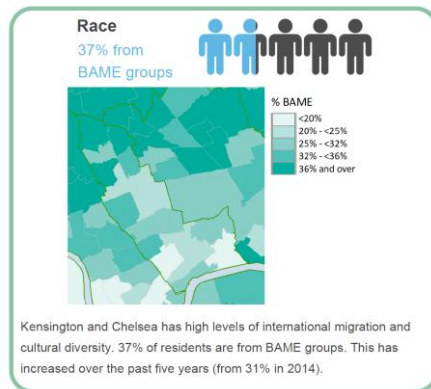
Those aged 75 years and over were almost twice as likely as those aged 16 to 24 years to report high anxiety during lockdown; prior to lockdown lowest among those aged from their mid to late 60s, remaining relatively stable in later years.

Ethnicity

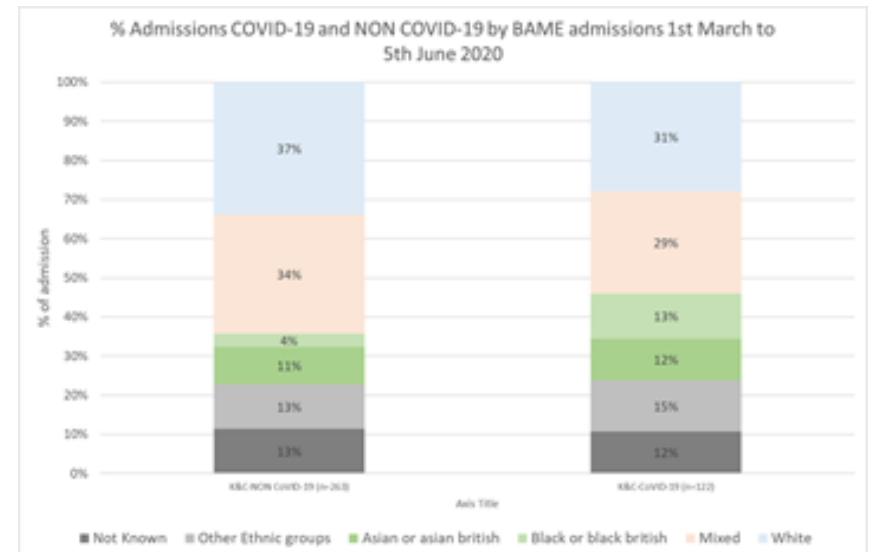
- People from Black ethnic groups were most likely to be diagnosed
- People of Bangladeshi ethnicity had around twice the risk of death than people of White British ethnicity.
- People of Chinese, Indian, Pakistani, Other Asian, Caribbean and Other Black ethnicity had between 10 and 50% higher risk of death when compared to White British

Full report [here](#)

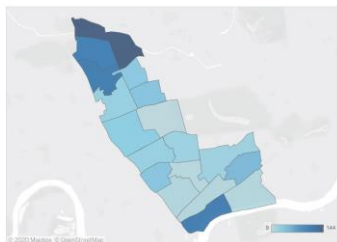
Ethnicity in RBKC and local considerations



Ethnic group	Population
White	111,895
Mixed/multiple ethnic groups	9,186
Asian/Asian British	17,652
Black/African/Caribbean/Black British	9,893
Other ethnic group	12,168



Map of Bangladeshi community in RBKC



RBKC residents from ethnic minority backgrounds are at higher risk of developing conditions such as type 2 diabetes.

We do not have local mortality data by ethnicity data at present.

Symptoms of COVID 19

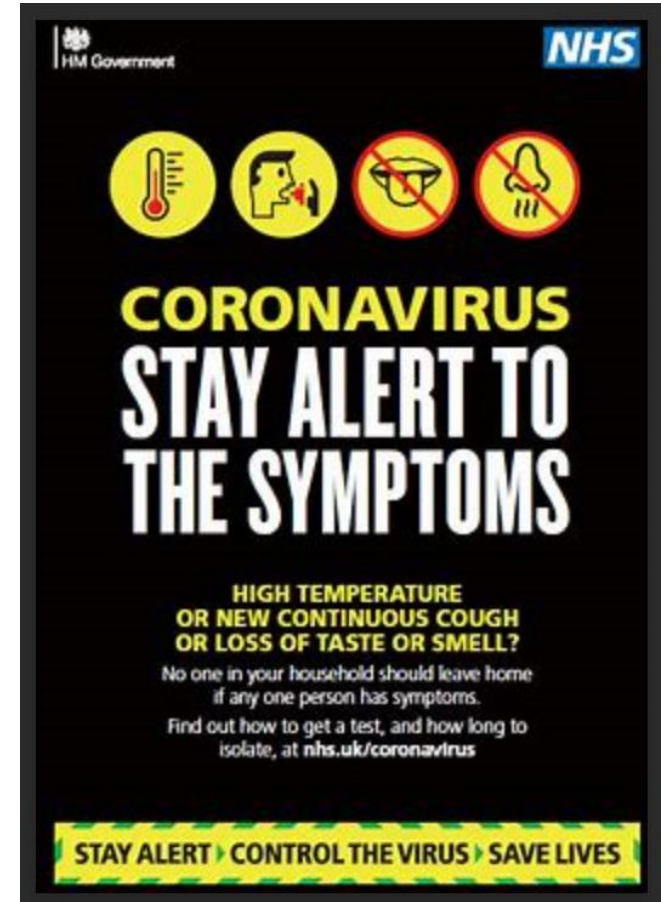
The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.



Opening up community group activities

It is up to the manager to decide to open up community group activities.

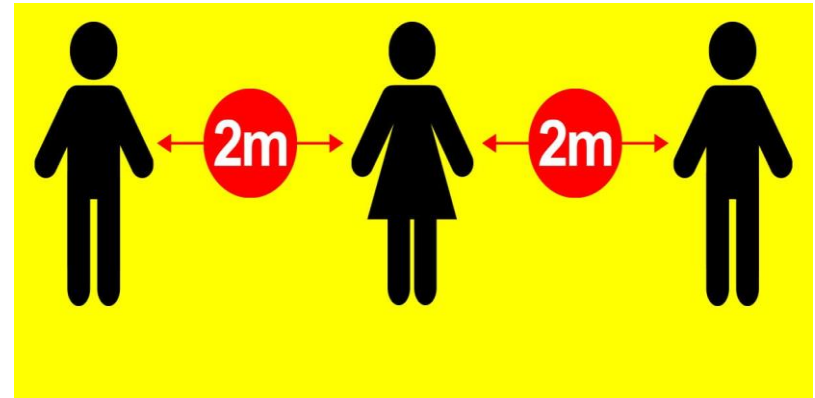
They need to take into account:

- Public Health guidance on hygiene and infection prevention
- Employer responsibilities
- A **risk assessment** must be conducted prior to the opening up of community facilities/activities
- [Guidance for the safe use of multi-purpose community facilities is available](#)

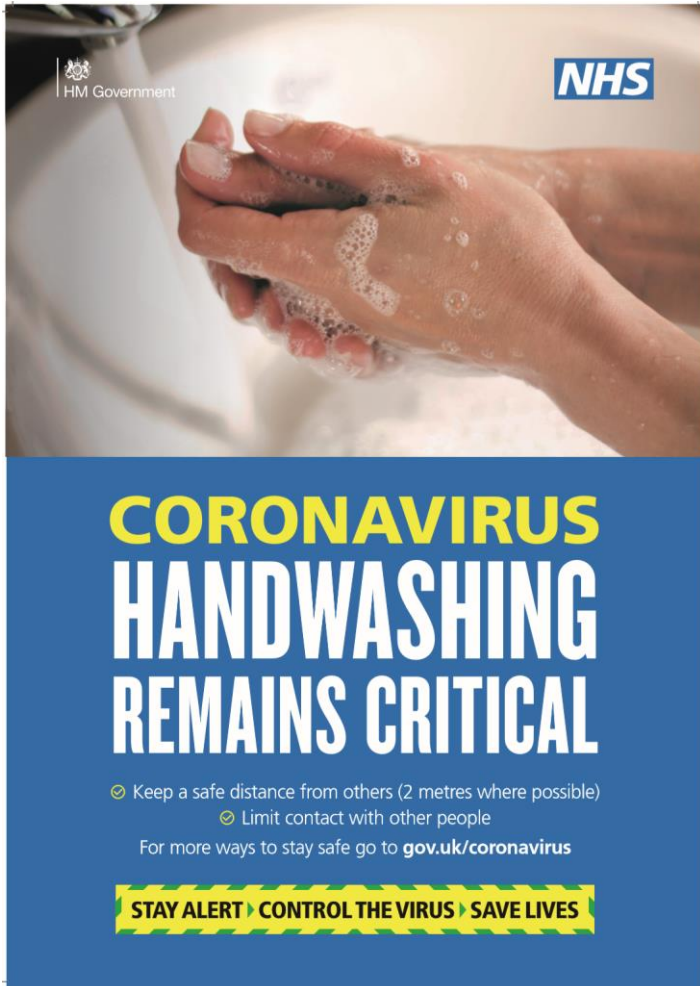
Opening up group activities : Social Distancing

All staff and all visitors should follow the guidelines on social distancing including:

- Where possible, adhere to social distancing of at least 2 metres, or 1 metre plus risk mitigation (where 2 metres is not possible).
- Consider and set out other mitigations in your risk assessment. For example, avoiding face-to-face seating, reduce the number of people in an enclosed space, use protective screens and face coverings.
- Queue management is important so the flow of groups in and out of the premises can be carefully controlled.



Opening up group activities : Hygiene



- On entering and leaving everyone, including staff should be asked to wash their hands thoroughly for at least 20 seconds using soap and water or use hand sanitiser if hand washing facilities are not available.
- There should be signs and posters to raise awareness of good handwashing, washing your hands more often, avoiding touching your face, and following catch it, bin it, kill it (including coughing or sneezing into a tissue or the crook of your arm).
- Provide hand sanitiser in multiple locations, not just in toilets.

Opening Up Group Activities : Face Coverings

- Wearing a face covering does not protect you. But, if you are infected but do not yet have symptoms it may provide some protection for others you come in to contact with.
- You must wear a face covering at all times on public transport or when at a hospital as a visitor or outpatient, in shops and supermarkets.
- Visitors and staff may wear face coverings to protect others. It's important to use them properly and wash your hands before and after taking them off.
- They are not a replacement for social distancing and washing your hands.



More guidance on wearing a face covering is available [here](#)

Guidance for Extremely Vulnerable People [here](#)

- People at greatest risk of severe illness from covid-19 includes:
 - Solid organ transplant recipients
 - People with specific cancers
 - People with severe respiratory conditions
 - People with disease that significantly increase their risk of infections
 - People who have a compromised immune system
 - Pregnant women with significant heart disease
- Currently shielded people are currently advised they can now meet in a group of up to 6 outdoors including people from other households
- They no longer need to social distance from those they live with
- They can gather in groups of up to six people outdoors and form a support bubble with another household.

From 1st August the government will no longer be advising people to shield.

[guidance for this group](#)

Mental Health Resources

- [Every Mind Matters](#)
- [Good Thinking](#)
- [Silverline](#)
- [Community Living Well](#)
- [The NHS Single Point of Access Line](#)
- [The Samaritans](#)
- [The Listening Place](#)

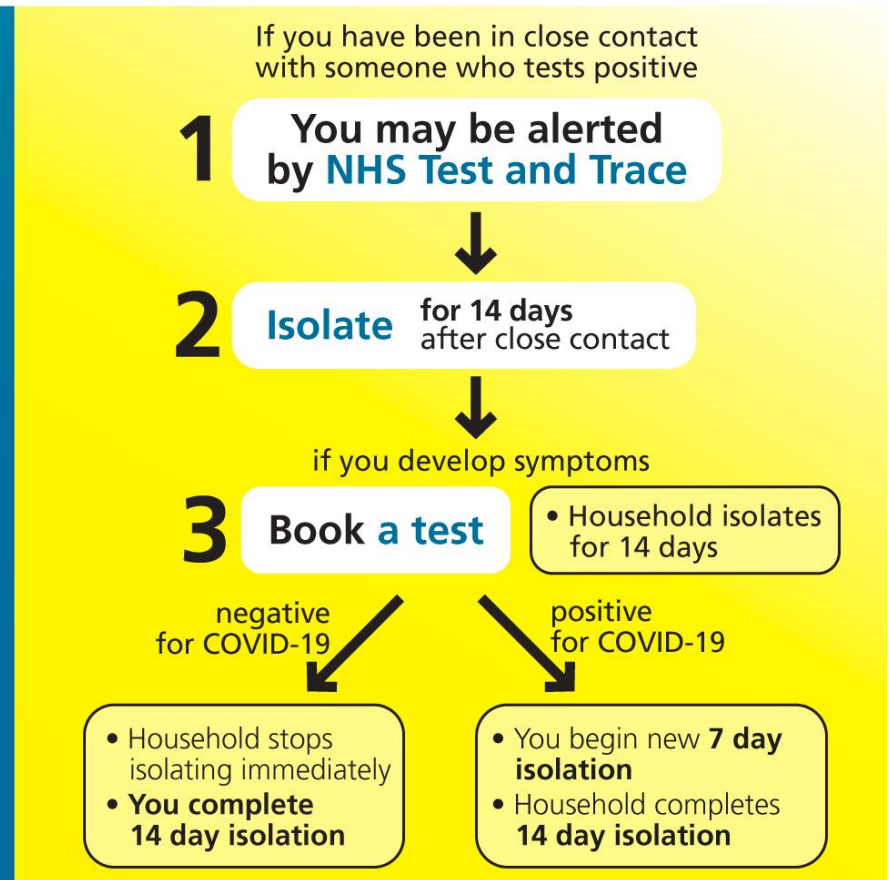
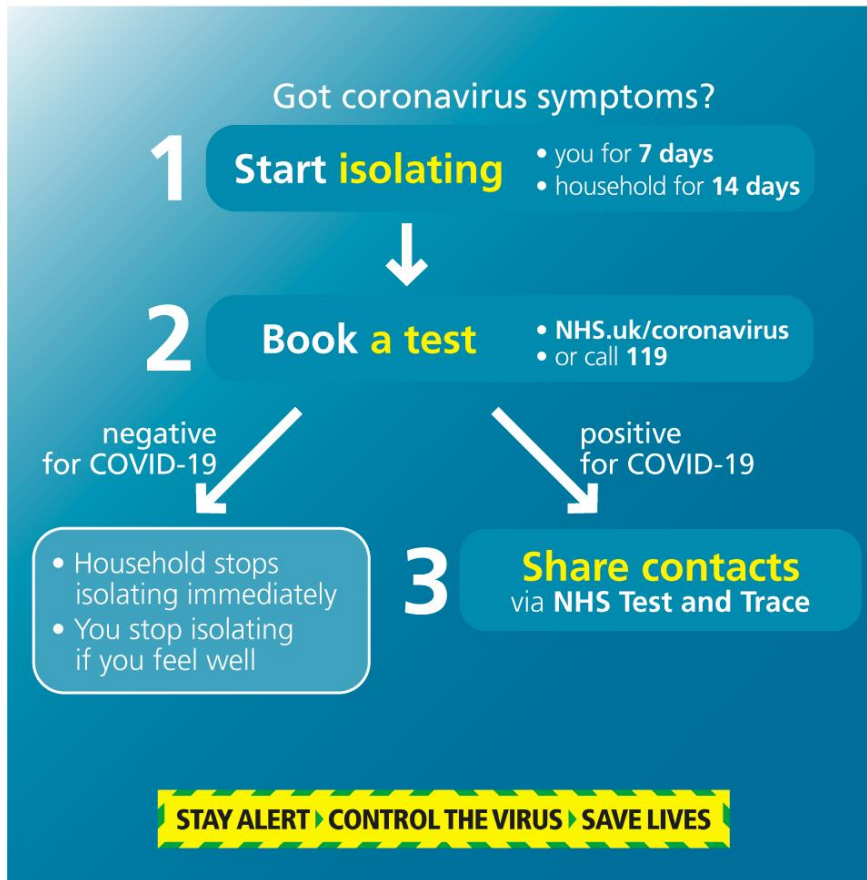
What do you find works to support people in distress?

Test and Trace



HM Government

NHS Test and Trace



NHS Is Safe to use



Accessing the NHS

- If you or a family member is unwell:

For help from a GP – use your GP surgery's website, use an online service or app, or call the surgery.

For urgent medical help – use the NHS 111 online service or call 111 if you're unable to get help online.

For life-threatening emergencies – call 999 for an ambulance.

If you're advised to go to hospital, it's important to go.

Essential, routine vaccinations like MMR can save a child's life and are available through family doctors

Outbreak Reporting and Response

- An outbreak is more than one case of COVID-19 in a setting/group
- If you become aware that your community group or setting has more than one case of COVID-19

Notify:

- The London Coronavirus Response Cell (LCRC)
0300 303 0450
Email lcrc@phe.gov.uk or phe.lcrc@nhs.net
- And let the local council's public health department know by copying in Covid.19@rbkc.gov.uk

The LCRC will advise about any action you need to take and bring in the local council for additional support to manage the outbreak if needed.

Any Questions



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