

Public Health Update

8th December 2020

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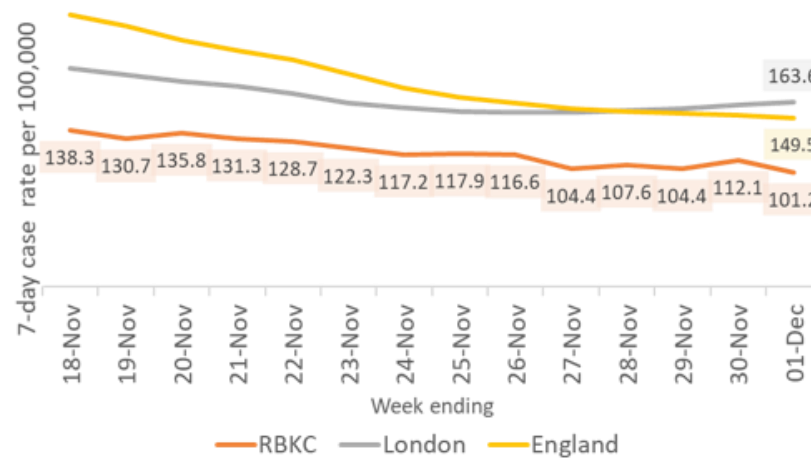
Agenda

- Local infection rates
- Testing
 - Lateral flow testing
 - PCR testing
- Vaccinations
 - Flu
 - COVID 19
- Looking after your wellbeing

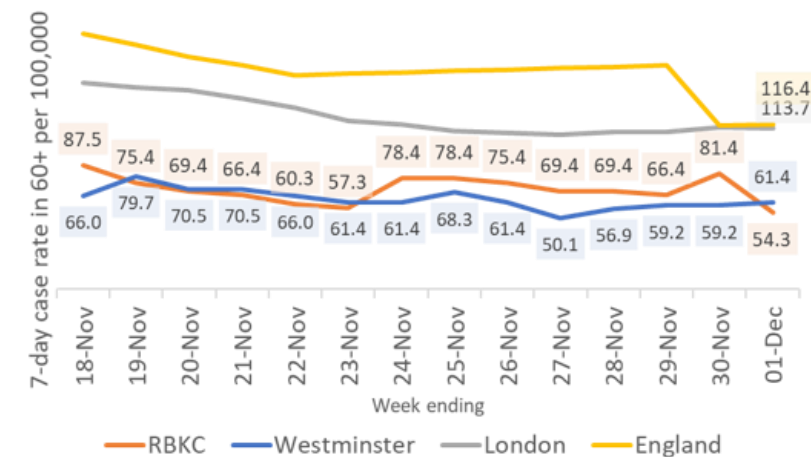
Current Infection Rates

Indicator		Kensington and Chelsea	Westminster	London	England
7 day rate per 100,000	25-Nov - 01-Dec	101.2	93.8	163.6	149.5
	Yesterday				
	24-Nov - 30-Nov	112.1	88.0	160.9	151.5
Positivity rate	25-Nov - 01-Dec	5.6%	6.1%	7.7%	6.0%
	Yesterday				
	24-Nov - 30-Nov	6.2%	6.1%	7.8%	6.1%
Testing rate	25-Nov - 01-Dec	300.8	255	342.5	411.6
	Yesterday				
	24-Nov - 30-Nov	296.2	240.3	334.3	413.1

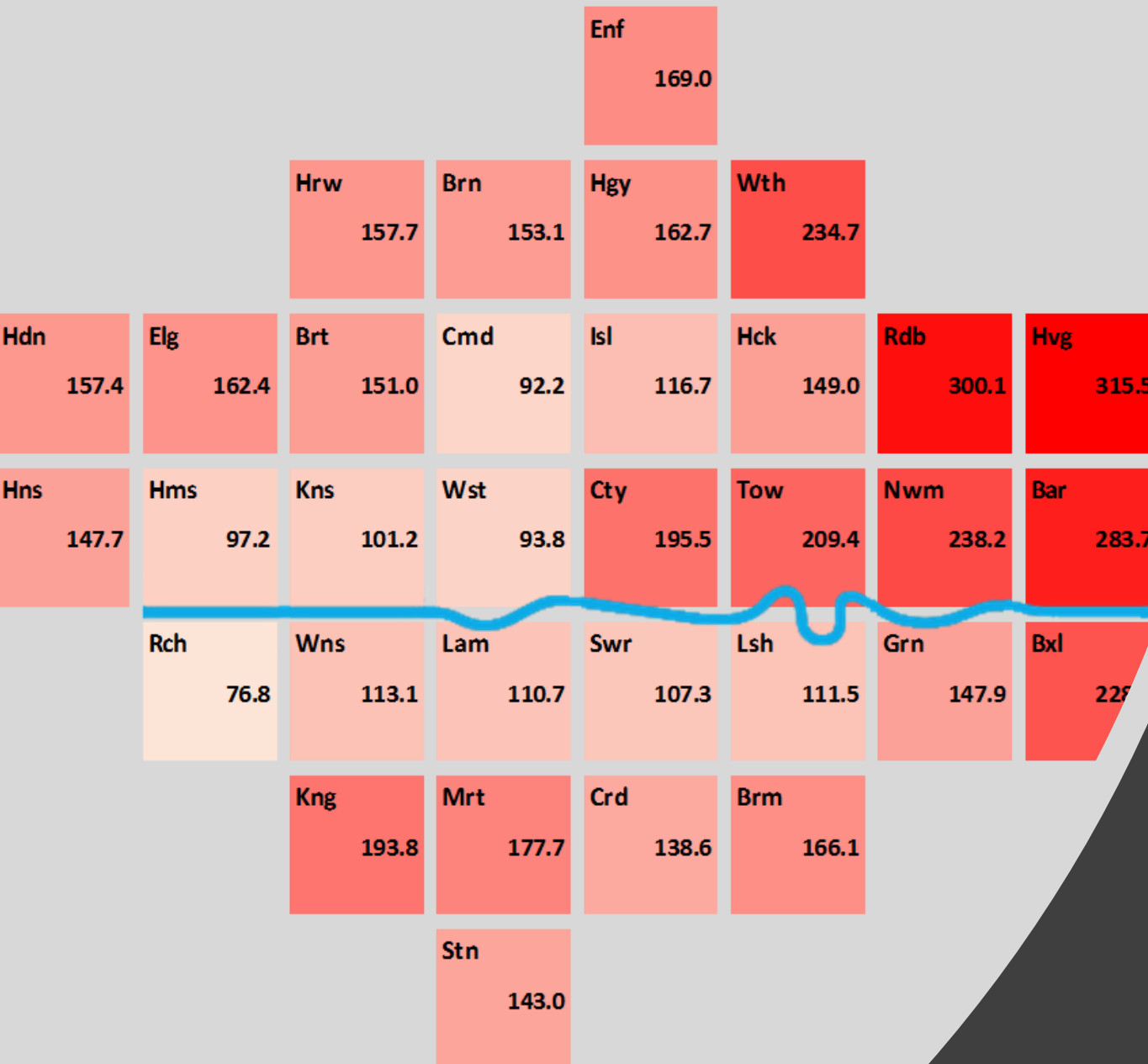
Case rate per 100,000



Case rate per 100,000 aged 60+





Kensington and Chelsea



Case Rates
per 100,000
London

TIER 2 HIGH ALERT

FROM 2 DEC

MEETING FRIENDS AND FAMILY  <p>No mixing of households indoors, apart from support bubbles. Maximum of six outdoors.</p>	BARS, PUBS AND RESTAURANTS  <p>Pubs and bars must close, unless operating as restaurants. Hospitality venues can only serve alcohol with substantial meals. Venues must stop taking orders at 10pm and must close by 11pm.</p>	RETAIL  <p>Open.</p>	WORK AND BUSINESS  <p>Everyone who can work from home should do so.</p>
EDUCATION  <p>Early years settings, schools, colleges and universities open. Childcare, other supervised activities for children, and childcare bubbles permitted.</p>	INDOOR LEISURE  <p>Open.</p>	ACCOMMODATION  <p>Open.</p>	PERSONAL CARE  <p>Open.</p>
OVERNIGHT STAYS  <p>Permitted with household or support bubble.</p>	WEDDINGS AND FUNERALS  <p>15 guests for weddings, civil partnerships, wedding receptions and wakes; 30 for funerals.</p>	ENTERTAINMENT  <p>Open.</p>	PLACES OF WORSHIP  <p>Open, but cannot interact with anyone outside household or support bubble.</p>
TRAVELLING  <p>Reduce the number of journeys you make and walk or cycle if possible. Avoid busy times and routes on public transport. Avoid car sharing with those outside of your household or support bubble. Avoid entering a Tier 3 area, other than where necessary such as for work or education. Further exemptions apply.</p>	EXERCISE  <p>Classes and organised adult sport can take place outdoors, but cannot take place indoors if there is any interaction between people from different households. Organised activities for elite athletes, under-18s and disabled people can continue.</p>	RESIDENTIAL CARE  <p>COVID-secure arrangements such as substantial screens, visiting pods, and window visits. Outdoor/airtight visits only (rollout of rapid testing will enable indoor visits including contact).</p>	LARGE EVENTS  <p>Sport, live performances and business meetings limited to 50% capacity or 2000 people outdoors (whichever is lower) and 50% capacity or 1000 people indoors (whichever is lower)</p>

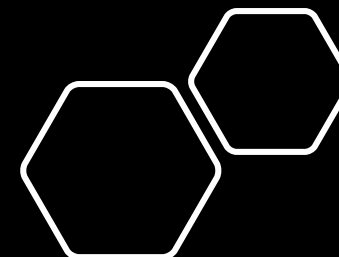
Find out what support you can get

For example, if you're out of work, need to get food, or want to take care of your mental health.
[gov.uk/coronavirus](https://www.gov.uk/coronavirus)

If you have any coronavirus symptoms:

A high temperature • A new, continuous cough
A loss of, or change to, your sense of smell or taste.
Get a test and stay at home

For more information and detailed guidance visit:
[gov.uk/coronavirus](https://www.gov.uk/coronavirus)



Hands Face Space



- https://www.youtube.com/watch?v=TmrYuT0_fZA&feature=emb_rel_end
- PHE Coronavirus Comms Resources <https://coronavirusresources.phe.gov.uk/>

Testing

- PCR testing – gold standard
 - Nose and throat swab
 - Home test or testing centre
 - For people with symptoms
 - Asymptomatic testing care homes (staff and residents) and for home care staff
 - Lab analysis and results take a couple of days
- Lateral Flow Testing
 - Nose and throat swab
 - For people without symptoms
 - Care home visitors, targeted population e.g. university students
 - Results in 30 mins
 - Detects 5 in 10 cases compared to PCR and 7 in 10 of those most infectious (high viral load)
 - Council piloting and developing local testing strategy



Got coronavirus symptoms?

1 **Start isolating**

- you for **10 days**
- household for **14 days**



2 **Book a test**

- [NHS.uk/coronavirus](https://www.nhs.uk/coronavirus)
- or call **119**

negative
for COVID-19

- Household stops isolating immediately
- You stop isolating if you feel well

positive
for COVID-19

3 **Share contacts**
via **NHS Test and Trace**

STAY ALERT > CONTROL THE VIRUS > SAVE LIVES

If you have been in close contact with someone who tests positive

1 **You may be alerted**
by **NHS Test and Trace**



2 **Isolate** for **14 days**
after close contact



if you develop symptoms

3 **Book a test**

- Household isolates for **14 days**

negative
for COVID-19

- Household stops isolating immediately
- **You complete 14 day isolation**

positive
for COVID-19

- You begin new **10 day isolation**
- Household completes **14 day isolation**

Vaccinations

- Flu vaccinations – you can still get your jab!
- COVID 19 vaccinations

Get your Flu jab!

- Flu is an unpleasant infection that can be serious and even fatal for some. On average around 11,000 people in the UK die from flu every year.
- We have a safe, effective vaccine which can help protect you, your family and your community from flu.
- It's not too late – if you haven't had a vaccine yet, then you still have time to protect yourself before the Christmas break and the onset of flu season
- Everyone eligible for an NHS flu vaccine can ask their GP or pharmacy for a free flu vaccine
- Most pharmacies now have flu vaccines in stock, but you may need to shop around.
- For more information:

<https://www.nhs.uk/conditions/flu/>



The free NHS flu vaccine is given to adults who:

- are 65 and over (born on or before 31 March 1956)
- have certain health conditions
- are pregnant
- are in a 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's at high risk from coronavirus](#) (on the NHS shielded patient list)
- frontline health or social care workers
- *New everyone over 50!*

Children have a nasal flu vaccination programme for children aged 2 to first year secondary school.

COVID 19 Vaccine Rollout – National

The vaccine

- We are expecting very small quantity of vaccine to be available from next week for care homes and health and care staff. More vaccine should be available from January
- We should have access to two different vaccines by January 2021
- **Pfizer vaccine** (two doses 28 days apart, too unstable for roaming vaccination models)
- **Astra Zeneca** vaccine to follow – subject to approval in January (two doses 28 days apart, can be used for roaming vaccination models)

Priority List

Priority List

1. residents in a care home for older adults and their carers
2. all those 80 years of age and over and frontline health and social care workers
3. all those 75 years of age and over
4. all those 70 years of age and over and clinically extremely vulnerable individuals

Advice in other languages

[Coronavirus guides are available in other languages on GOV.UK.](#)

This covers government advice on shielding, staying at home, and for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with the person.

[Translated posters and resources are also available to download on the Public Health England Campaign Resources Centre.](#)

Watch or listen to our Test and Trace explainer

You can find versions of this video on our YouTube channel in [Arabic](#), [Bengali](#), [Farsi](#), [Kurdish Sorani](#), [Portuguese](#), [Somali](#) and [Tigrinya](#).



Anxiety

Stress

Low mood

Sleep

- <https://www.good-thinking.uk/>
- <https://www.healthy london.org/resource/good-thinking-org-promo/>

<https://myhealth.london.nhs.uk/services/talking-therapies>

The infographic features a purple background with white text and illustrations. At the top, a banner reads "SEEKING PSYCHOLOGICAL HELP?". Below this, a central text block states: "These are uncertain times, but most NHS talking therapy services are still open. So, if you need help, do come forward." To the left of this text are three circular illustrations: a woman on a mobile phone, a man at a laptop, and an older man on a telephone. To the right are two circular illustrations: a man on a mobile phone and a woman at a computer. Below the central text, another text block says: "Telephone / online talking therapies are safe and effective for both adults and children, when delivered by qualified NHS professionals." At the bottom, there are two columns of text, each preceded by a small NHS logo. The left column provides a link for adults, and the right column provides a link for children and adolescents.

SEEKING PSYCHOLOGICAL HELP?

These are uncertain times, but most **NHS talking therapy services** are still open. So, if you need help, do come forward.

Telephone / online talking therapies are safe and effective for both adults and children, when delivered by qualified NHS professionals.

To find NHS talking therapies services for adults visit www.nhs.uk/service-search/find-a-psychological-therapies-service

To find services for children & adolescents visit: www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescent-mental-health-services-camhs