



Protecting and improving the nation's health

**Key Messages for London's Faith and CVS groups  
(Updated 03/08/2021)**

On 19<sup>th</sup> July, the Government confirmed that legal COVID restrictions ended in England. However, the lifting of restrictions does not mean the virus has gone away or the risks from COVID-19 have disappeared; it is important that we remain cautious.

As with the rest of the country, London has seen a fall in cases over the past week, with 26,251 testing positive, compared to 41,378 in the previous full week. Whilst the reduction in positive cases is welcome, cases remain high and it's important that we continue to let fresh air in, take up the offer of twice-weekly free testing, wash our hands regularly and, for those who have not yet done so, book both vaccination doses.

An effective vaccine is still the best way to protect people from coronavirus and there is evidence to show that thousands of lives have already been saved because of them. Alongside vaccine rollout, regular testing is at the heart of plans to reopen society and the economy and will help to suppress and control the spread of variants.

Public Health England

### Top Tips for Londoners

- Get fully vaccinated with both doses
- Keep washing your hands or use hand gel if you're out and about
- Stay home and isolate if unwell and get a PCR test as soon as possible
- Get tested regularly with twice weekly LFD tests
- Mask up on public transport, in shops and other crowded places
- Meet outdoors wherever possible
- Ventilate when indoors
- Get back to work safely and consider working from home when possible
- Get ready for winter by getting a flu jab when available

## Staying safe and helping to prevent the spread of COVID-19

England has now moved to step 4 of the roadmap. As the number of cases remain high, we rely on your help to encourage our families and communities to continue to act carefully and remain cautious. From the 19 July, the following key protections will stay in place in;

- **testing** when you have symptoms and targeted asymptomatic testing in education, high risk workplaces and to help people manage their personal risk.
- **isolating** when positive or when contacted by NHS Test and Trace.
- **border quarantine** for all arriving from red list countries and for those people not fully vaccinated arriving from amber list countries.

Cautious guidance for individuals, businesses and the vulnerable whilst prevalence is high including:

- whilst Government is no longer instructing people to work from home if they can, they would expect and **recommend a gradual return to workplace settings** over the summer
- it is **expected and recommended that people wear face coverings in crowded areas** such as public transport
- **being outside or letting fresh air in**
- **minimising the number, proximity and duration of social contacts** – keep the number of people you socialise with to a minimum and try to reduce the how long you spend with them and be mindful of how close you get to them
- **encouraging and supporting businesses and large events to use the NHS COVID Pass in high risk settings**. The Government has said they will work with organisations where people are likely to be near others outside their household to encourage the use of the pass. If sufficient measures are not taken to limit infection, the Government will consider mandating certification in certain venues at a later date.

More information can be found [here](#).

More information on the NHS COVID Pass can be found [here](#).

- Whilst there is no longer a legal requirement to wear face coverings, it is **expected and recommended that people wear face coverings in crowded areas** such as public transport. In addition, it remains compulsory to wear face coverings on the Transport for London network, in stations and for the whole journey, unless you are exempt from doing so.

## Testing

People who have **any** of the following symptoms overleaf even if they are mild, should book or order a PCR test [here](#) as soon as possible:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

A PCR test kit can be sent to their home or they can book an appointment at a walk-in or drive-through test site.

They and the people they live with should self-isolate until they get their test result and they should only leave home to take a test or to post a test kit.

There are some reasons people without symptoms may need a PCR test and more information can be found [here](#).

Around 1 in 3 people with COVID-19 don't have any symptoms (are asymptomatic) and may be unwittingly spreading the virus. Regular rapid testing for COVID-19 is now being offered to everyone without symptoms and people encouraged to take these tests to help prevent outbreaks. The test usually involves taking a sample from your throat and from your nose, using a swab. You can get a result in 30 minutes.

Anyone in England can access free, rapid lateral flow tests (LFDs) for themselves and their families to use regularly. You can either [order testing kits online to be sent to your home](#) or you can collect testing kits from a [local pharmacy](#), a [testing site](#).

When ordering online, you can order one pack a day and each pack contains 7 tests. If collecting the tests yourself from a nearby pharmacy or testing site, you can collect 2 packs at a time, (14 tests in total).

If you cannot order online, then please call 119 (Lines are open 7am-11pm and calls are free).

You can still also be tested at a local testing site. Find a local testing site at: [Find where to get rapid lateral flow tests – NHS \(test-and-trace.nhs.uk\)](#)

## Vaccine roll out

Vaccines are the most effective way to prevent infectious disease. Most of us, including our children and wider families, have already had at least one, and they are responsible for stopping up to three million deaths worldwide every year. New analysis by Public Health England shows that, for the first time, 2 doses of COVID-19 vaccines are highly effective against hospitalisation from the Delta variant.

Over 5½ million people in London, including the most vulnerable and those who care for them, have already received their first dose, and over 4 million have now also received their second dose.

All adults aged 18 or over can now get vaccinated against COVID-19 and you do not need to wait to be contacted by the NHS.

To find out how, visit: [nhs.uk/covid-vaccination](https://nhs.uk/covid-vaccination) or phone 119.

**When you have arranged your appointment, please make sure you attend.**

If you were contacted but have not booked your appointment, you're still eligible and can book your appointments anytime.

For the vaccine to be effective, we need as many people to step forward as possible. Doing so means protecting ourselves, our parents, our grandparents, even our children from the impact of this deadly virus. It is a choice that we are very fortunate to have. There is information available about the NHS COVID-19 vaccination programme including an easy-read guide to coronavirus and vaccinations.

Even when people have had the COVID-19 vaccine, they are advised to continue to following advice to keep themselves safe.

## Useful resources

### Caution

- [Short film](#) featuring Dr Amir Khan highlights importance of remaining cautious as those vaccinated can still pass on the virus

### Places for worship, religious services and gatherings

- [COVID-19: guidance for the safe use of places of worship](#)
- [Coronavirus \(COVID-19\): Wedding and civil partnership ceremonies, receptions and celebrations](#)

### Vaccines

- [General information provided by the NHS on the safety and importance of vaccines](#)
- [Leaflet](#) for people who have had their first dose of AstraZeneca vaccine but have concerns about having the second dose
- [Video message](#) on vaccine safety for BAME communities

### General COVID-19 resources

- [Find out what support people can get](#) if you're affected by COVID-19, for example, if they're out of work, need to get food, or want to take care of their mental health.
- [COVID-19 resources in your language](#): guidance and advice in various languages on topics such as health and wellbeing, employment and welfare, domestic abuse, housing and homelessness
- Doctors of the World have provided [translated resources into 60 languages](#) aimed at migrants and asylum seekers which are informed by government and NHS advice.

## **Four-step roadmap out of lockdown**

- Step 3 COVID-19 restrictions [posters](#)

## **People with no recourse to public funds (NRPF)**

- This [tool](#) gives information about where migrant families can get help with housing and financial support when they have no recourse to public funds (NRPF).

## **Migrant Health**

- This [resource](#) provides advice and guidance for healthcare practitioners on the health needs of migrant patients and has been updated to include a summary of changes after the Brexit transition period and information on COVID-19 vaccination.

## **Mental Health**

- [Coping with mental health problems during coronavirus](#): support if someone is experiencing mental health problems such as obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD) or bipolar disorder.
- [Accessing mental health treatment and support during coronavirus](#): advice on getting medication, tips for online therapy and using care services, and other ways to access treatment and support for mental health.
- The NHS Volunteers Service provide a telephone 'check in and chat' if someone has mental health issues and are feeling isolated due to shielding, have a long term condition, are self- isolating or have caring responsibilities. Call 0808 196 3646 (8am to 8pm, 7 days a week) or visit the [website](#).
- People who care for or work with children and young people aged up to 25 who have been affected by COVID-19 (or other emergencies or individual crises) will be able to access a new [online Psychological First Aid \(PFA\) training course](#). The online course, developed by PHE, offers training on how to provide practical and emotional support to children and young people affected by emergencies or crisis situations.

## **COVID-19 posters and social media resources**

- The [PHE campaign resource centre](#) contains a collection of useful public health messaging resources for coronavirus
- Promotional material on [COVID-19 vaccination: a guide for adults](#)