

Kensington and Chelsea COVID-19 Update

24th September 2020

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Agenda

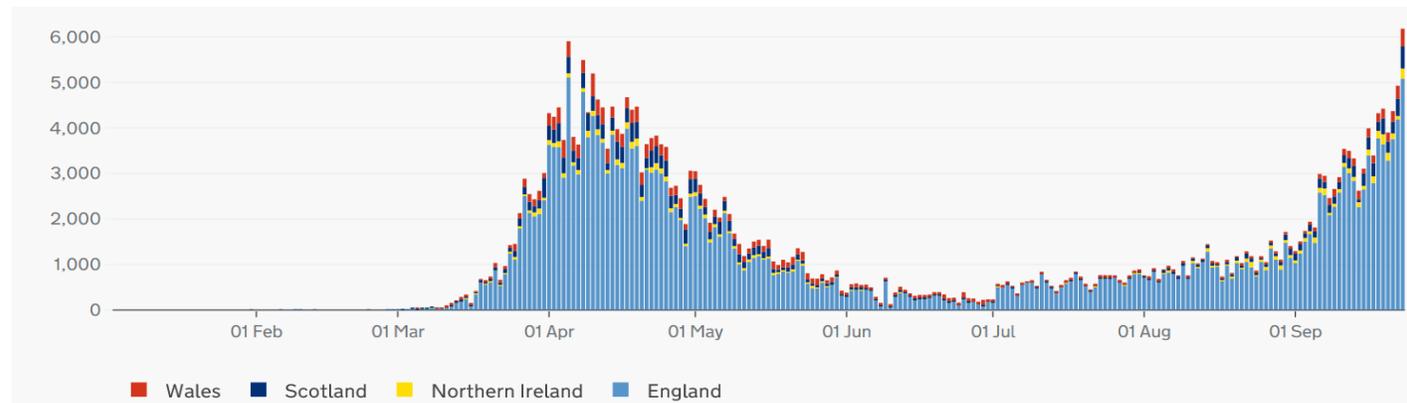
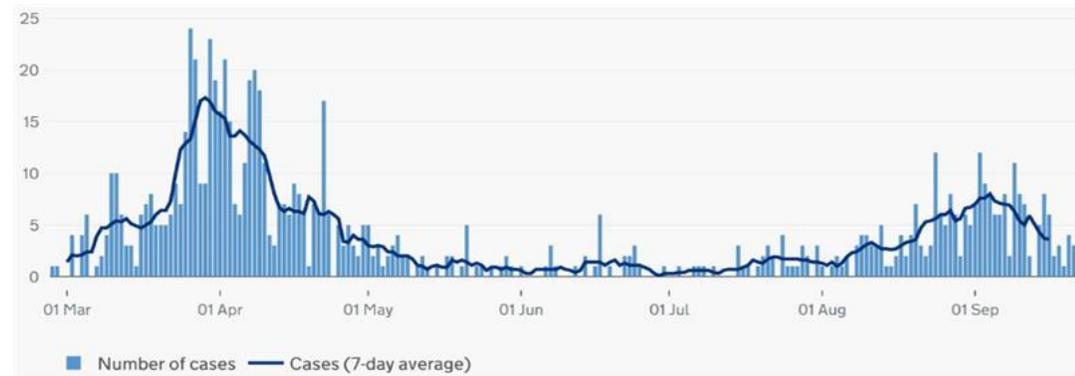
- Local infection rates
- Hands Face Space
- Test and Trace
- Operating community groups/activities
- Rule of 6
- Looking after mental health and wellbeing

Current Infection Rates

7 Day Case Rate per 100,000 (12-18 September 2020)

- Kensington and Chelsea 16.6
- Westminster 20.0
- London 20.8
- Age – majority 20-59 years
- Sex - more female than male

Kensington and Chelsea



Hands Face Space



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

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**

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](#).

Operating community group activities

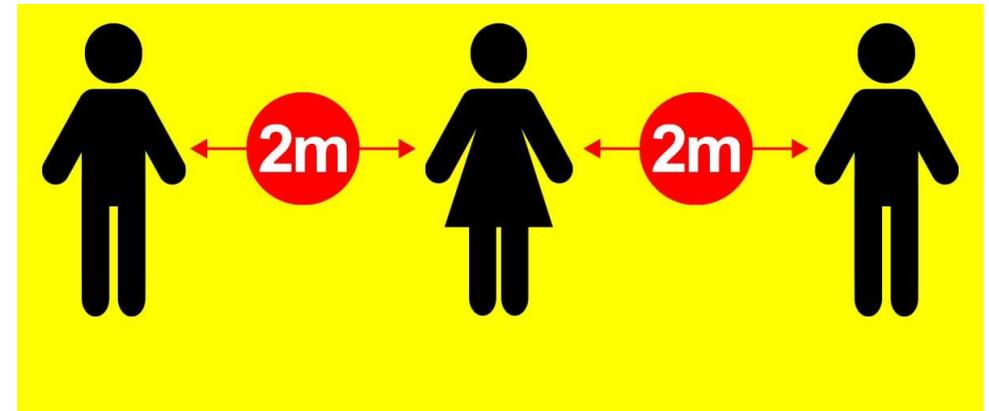
It is up to the manager to decide to open up community group activities.

They need to take into account:

- Public Health guidance on hygiene and infection prevention
- **Rule of 6!**
- Employer responsibilities
- A **risk assessment** must be conducted prior to the opening up of community facilities/activities
- The risk level of the people attending the activity
- Display NHS Contact Tracing App QR code
- [Guidance for the safe use of multi-purpose community facilities is available](#)

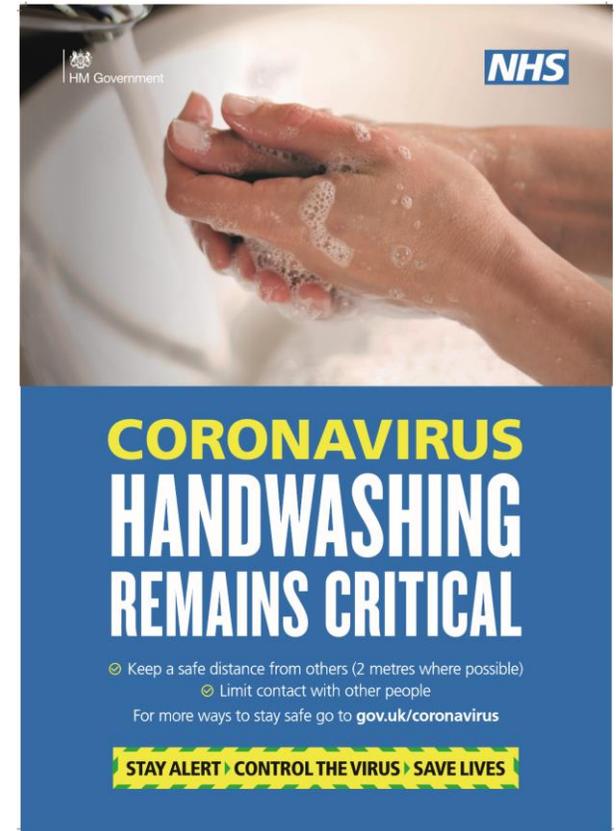
Opening up group activities : Social Distancing

- 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.
- **Rule of 6!**



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.





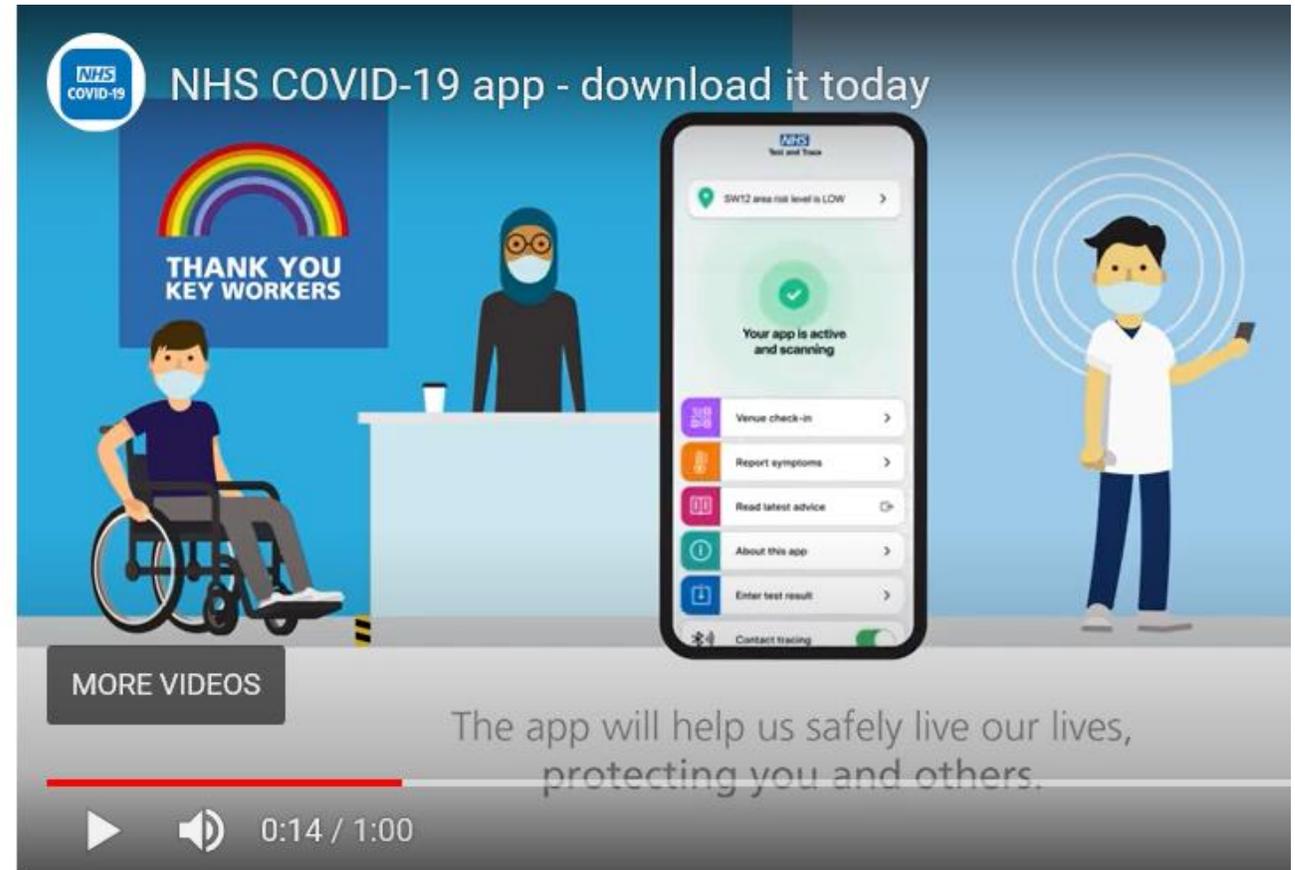
Opening Up Group Activities : Face Coverings

- 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 must 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](#)

NHS COVID-19 app launches to help control coronavirus (COVID-19) transmission.

- It is available to those aged 16 and over in multiple languages. It identifies contacts of those who have tested positive for coronavirus.
- The app does not hold personal information such as your name, address or date of birth, and only requires the first half of your postcode to ensure local outbreaks can be managed. No personal data is shared with the government or the NHS
- <https://www.gov.uk/government/news/nhs-covid-19-app-launches-across-england-and-wales>



Rule of 6

- **Indoors** - When meeting with people you don't live with you can socialise in groups of up to 6.
- **Outdoors** - When meeting with people you don't live with (or have formed a support bubble with) you can socialise in groups of up to 6.
- But there are exceptions...

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

Exceptions to rule of 6

- for work, registered childcare, **education or training supervised activities provided for children**, providing support to a vulnerable person
 - providing emergency assistance, and to avoid injury or illness or to escape risk of harm; for arrangements where children do not live in the same household as both their parents
 - fulfilling a legal obligation such as attending court or jury service; weddings and civil partnership ceremonies and receptions up to 15 people in a public place
 - funerals – up to 30 people; other religious and belief-based life cycle ceremonies – up to 30 people, in a public place. This only covers the ceremonies.
 - **organised sport or exercises classes or licensed outdoor physical activity**. Does not include informal sport or fitness activity with family or friends – this must be limited to a group of 6; elite sporting competition and training
 - **support groups – formally organised groups to provide mutual aid, therapy or any other form of support. This includes support to victims of crime, recovering addicts, new parents, people with long-term illnesses, those facing issues relating to their sexuality or gender, and those who have suffered bereavement.**
 - protests – if organised in compliance with COVID-19 Secure guidance
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Other support groups

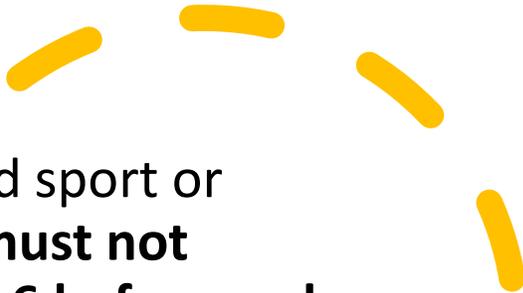
- Support groups not covered by this exemption can still take place if they do not breach the new gatherings limit of six people. This does not mean that no more than six people can attend. **There can be multiple groups of six people attending, provided that the social interaction and shared activity is limited to groups of six.** Where this is unlikely to be possible, no more than six people should attend. Anybody who is attending for work purposes is excluded from the gatherings limit.
- 

Can I go to my hobby club / amateur musical group / other leisure activity?

- It is against the law to gather in groups of more than six, where people are from different households or support bubbles. The rule above does not mean that there cannot be more than six people in any one place.
 - All activities for under 18s are exempt.
 - There can be multiple groups of six people in a place, provided that those groups do not mingle.
- 



No mingling!

- 
- When participating in organised sport or licensed physical activity, **you must not mingle in groups of more than 6 before and after the activity.**
 - You should also ensure you socially distance from people you do not live with (or have formed a support bubble with) wherever possible.

Enforcement

- The police will be able to enforce these legal limits, and if you break them you could face a fine (fixed penalty notice) of £100, doubling for further breaches up to a maximum of £3,200.

Looking After Your Mental Health and Wellbeing

5 Ways to Wellbeing



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence



Anxiety

Stress

Low mood

Sleep

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

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

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

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 that most NHS talking therapy services are still open. Surrounding this text are six circular icons: a woman on a mobile phone, a man on a laptop, a woman on a laptop, a man on a mobile phone, a woman on a mobile phone, and a man on a laptop. At the bottom, two columns of text provide links to find services for adults and children/adolescents, each accompanied by a small NHS logo icon.

Get your Flu jab!

The free NHS flu vaccine is given to people 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

