Covid-19 information resource pack

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Last update

29 March 2021

About the resource pack

If you talk to people about Covid-19 this resource pack is for you. It has been put together by Camden & Islington's Making Every Contact Count (MECC) team to provide reliable information to pass onto residents of both boroughs.

Why should we talk to people about Covid-19?

Covid-19 continues to impact us all in Camden and Islington. Measures taken in response to the pandemic are adapting over time and can be quite confusing. So, we want to make sure that everyone understands how to keep safe. We also want to make sure that everyone has a reliable source to turn to for help and support during these challenging times.

Become a Covid-19 Health Champion

You can help us to get reliable information and advice out into our communities. Along with this resource pack we offer training and online drop-in sessions with colleagues from Public Health to provide ongoing support and to provide a mechanism for reporting what is and isn't working or other issues emerging.

To receive updates and access to drop-in session please sign-up as a Covid-19 Health Champion. If you are over the age of 18 sign-up using our online adult registration form. If you are between 16 and 18 years of age sign using this young people registration form.

If you would like further information about the Covid-19 Health Champion role please email CHC@islington.gov.uk

For training, sign-up on one of our MECC websites: Camden MECC or Islington MECC

Anything missing?

If you would like any resources adding to this pack, please contact CHC@islington.gov.uk

Laws, rules, and guidance from 29 Mar 2021

Meeting with friends & family

• You are no longer be required to stay at home wherever possible, although you will be encouraged to stay local.
• Care home residents are allowed one regular visitor.
• Outdoor gatherings of up to six people, or two households, are allowed - including in private gardens.
• You should stay two metres apart from anyone not in your household, or one metre with extra precautions (such as a face covering).
• Some support groups can continue with up to 15 participants - but they must not take place in a private home.
• From 1 April, clinically extremely vulnerable no longer are advised to shield, but should:
  – continue to take extra precautions to protect themselves
  – keep the number of social interactions low
  – limit the time you spend in places where you cannot social distance.
• The police can fine you up to £10,000 for taking part in illegal gatherings

Education
• All pupils in schools and further education colleges are open for face-to-face teaching. • Before- and after-school clubs are open. • Nurseries and childminders are open including school wrap-around childcare • Masks will be recommended for secondary school students in class, as well as communal areas. • Students at universities who need to take part in practical activities or access specialist facilities can attend.

Going to work

- You may only leave your home for work if you cannot reasonably work from home.
- If your job involves working in other people's homes - for instance, as a cleaner, a tradesman or a childminder - you can continue to do so.

Leisure time

- Pubs, restaurants, bars and cafes are closed. Delivery and takeaway of food and non-alcoholic drinks can continue until 23:00 each evening.
- Alcoholic drinks can be delivered but can no longer be sold as takeaway from pubs or bars.
- Outdoor sports facilities such as gyms, tennis courts and lidos, are allowed to open.
- Organised outdoor sports are permitted.
- Outdoor playgrounds may stay open.
- Indoor gyms and sports facilities remain closed.
- All indoor entertainment venues including theatres, concert halls, cinemas, museums and galleries, are closed.
- Animal attractions such as zoos, safari parks, aquariums, and wildlife reserves must close.
- Hotels, B&Bs and caravan parks may remain open for a limited number of reasons - for instance, where guests are unable to return to their main home or would otherwise be made homeless as a result of the accommodation closing.

Shopping
• All non-essential shops must close, although they may operate click-and-collect and delivery services. • Close contact services, such as hairdressing, tanning, nail and beauty salons must close, along with tattoo parlours, spas, and massage parlours • Shops that can remain open include supermarkets, pharmacies, garden centres, building merchants and off-licences. • Petrol stations, automatic car washes, vehicle repair and MOT services, bicycle shops and taxi firms may remain open. • Moving house is allowed, and you can view properties, while following Covid guidelines.

Other
• Places of worship remain open for communal services. • Funerals can take place with a maximum of 30 people - wakes or other ceremonial events are allowed with a maximum of six people. • Weddings and civil partnership ceremonies can only take, but only six people can attend. • You are not allowed to travel abroad, unless for exceptional reasons. • Visits to care homes can take place with social distancing arrangements in place. Close-contact indoor visits are not allowed.

Camden & Islington are currently under the national lockdown for England.

For updates and rules for other areas please use the BBC's rule checker

Roadmap out of lockdown

From 8 March 2021 restrictions in England started to lift and the government's four-step roadmap back to a more normal life. A government review will be carried out before moving onto the next step.

Step 1

a. no earlier than 8 March 2021

- Schools re-open
- Two people allowed to meet socially outdoors
- Care home residents allowed one regular visitor

b. no earlier than 29 March 2021

- 6 people or two households allowed to meet outdoors
- Outdoor sport facilities re-open & organised sport allowed
- Stay at home laws withdrawn, but travel still limited

Step 2

No earlier than 12 April 2021

- Non-essential retail and personal care re-open
- Hospitality outdoors allowed
- Indoor sports facilities re-open
- Self-catering holidays allowed

Step 3

No earlier than 17 May 2021

- Outdoors socialising restrictions lifted
- 6 people or two households allowed to meet indoors
- Indoor hospitality and hotels re-open

Step 4

No earlier than 21 June 2021

- No limits on social contact
- Nightclubs reopen and larger events permitted

More details are available on the government website.

Who is at risk of Covid-19?

Covid-19 can make anyone seriously ill. For some people, the risk is higher. There are 2 levels of higher risk:

High risk (clinically extremely vulnerable)

People at high risk from coronavirus include people who:

- have had an organ transplant
- are having chemotherapy or antibody treatment for cancer, including immunotherapy
- are having an intense course of radiotherapy (radical radiotherapy) for lung cancer
- are having targeted cancer treatments that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)
- have blood or bone marrow cancer (such as leukaemia, lymphoma or myeloma)
- have had a bone marrow or stem cell transplant in the past 6 months, or are still taking immunosuppressant medicine
- have been told by a doctor they have a severe lung condition (such as cystic fibrosis, severe asthma or severe COPD)
- have a condition that means they have a very high risk of getting infections (such as SCID or sickle cell)
- are taking medicine that makes them much more likely to get infections (such as high doses of steroids or immunosuppressant medicine)
- have a serious heart condition and are pregnant

Moderate risk (clinically vulnerable)

People at moderate risk from coronavirus include people who:

- Can go out to work and Individual Risk Assessments are vital for this group of employees
- Aged 70 or older
- Have a lung condition that's not severe (such as asthma, COPD, emphysema or bronchitis), heart disease (such as heart failure), diabetes, chronic kidney disease, liver disease (such as hepatitis), condition affecting the brain or nerves (such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy)
- Have a condition that means they have a high risk of getting infections
- Are taking medicine that can affect the immune system (such as low doses of steroids)
- Are very obese (a BMI of 40 or above)
- Are pregnant

Other things that can affect risk

There are other things that can make you more likely to get seriously ill from coronavirus, including if you are:

- over 60 – your risk increases as you get older
- from a Black, Asian or minority ethnic background

More information is on the NHS website

IMPORTANT

The lists above may not include everyone who is at higher risk from coronavirus and may change as we learn more about the virus.

For more other risks see the full report on Disparities in the risk and outcomes of Covid-19

Stopping Covid-19 spreading

How is the virus spread?

Hands Face Space information video

Source UK Gov (YouTube)

Covid-19 is primarily transmitted through small respiratory droplets through sneezing, coughing, or when people interact with each other for some time in close proximity.

Droplets are heavy and only remain in air for a short time. They only travel short distances, generally <1m for large droplets and <2m for smaller droplets.

If these droplets land on the mouth, eyes or nose they can enter the body. Or if they land on surfaces where they can be transferred to the hands, when someone touches their nose, mouth or eyes. Covid-19 can survive on different surfaces from several hours to three days.

Key measures to prevent transmission

Effective ways of preventing transmission are:

- **Hands:** Wash your hands regularly and for 20 seconds.
- **Face:** Wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet. It is a legal requirement to wear a face covering in many public places including on public transport , in taxis and in shops. The full list covers other venues.
- **Space:** Stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings or increasing ventilation indoors).

- **Self-isolating:** Check your symptoms – if you start to develop any coronavirus symptoms make sure you self-isolate and book a test by calling 119 or book a test online at nhs.uk/coronavirus

Hands

The virus can only be transferred to your body through your mouth, nose or eyes. Touching your face with your hands is one of the most common ways to get infected.

- Wash hands frequently – for at least 20 seconds
- Soap and water is best
- If your hands are visibly dirty, always wash them with soap and water
- Alcohol-based hand gel should be used if you cannot use soap and water
- With sanitiser, ensure all parts of hands are covered and rub together for 20-30 seconds until dry
- People are less likely to wash their hands if they are wearing gloves
- Avoid touching your face
- Do not cough or sneeze into your hands. Cover your mouth and nose with your elbow or tissue when coughing or sneezing. Dispose of used tissue immediately.
- Everyone should wash their hands before and after touching any equipment/ surfaces used by other people

What about gloves?

There is no evidence that gloves protect the wearer outside of a clinical setting, indeed their use outside a clinical setting may increase the risk of transmission of Covid-19; wearing gloves may give a false sense of protection and lead to neglecting hand hygiene. If someone has touched a contaminated surface with a gloved hand, they are just as likely to transmit contamination as someone who has not worn gloves.

Covid-19 does not pass through the skin, it infects people by entering through the mouth, nose or eyes. If someone handles something contaminated with coronavirus and then touch

their face, gloves won't stop them from getting infected. Regularly washing or sanitising hands is by far the best way to avoid infection.

Face

A face covering can be simple; it just needs to cover your mouth and nose. It is not the same as surgical masks or respirators used by health and care workers or for dust and spray in an industrial context.

- The evidence suggests that wearing a face covering does not protect you, but it may protect others if you are infected but have not developed symptoms.
- Wearing a face covering is required by law in some settings, including public transport and shops. People should wear a face covering in an enclosed space where social distancing is not possible.
- It is important to use face coverings properly and wash your hands before putting them on and taking them off.
- Further information on face coverings is gov.uk

Space

To reduce the risk of catching or spreading coronavirus, try to keep at least 2 metres away from people you do not live with. Social distancing is essential to stop the spread of the virus, as it is more likely to spread when people are close together.

When with people you do not live with, you should also avoid physical contact; being close and face-to-face; and shouting or singing close to them. You should also avoid crowded areas with lots of people.

Where you cannot stay 2 metres apart you should stay more than 1 metre apart, as well as taking extra steps to stay safe. For example:

- wear a face covering
- move outdoors, where it is safer and there is more space
- if indoors, make sure rooms are well ventilated by keeping windows and doors open

You do not need to socially distance from anyone in your household (people you live with). You also do not need to socially distance from anyone in your legally-permitted support bubble if you are in one, or someone you're in an established relationship with. If in the early stages of a relationship, you should take particular care to follow the guidance on social distancing.

When providing care to a young child, or person with a disability or health condition who is not in your household or support bubble, it may not always be possible or practicable to maintain social distancing. You should still limit close contact as much as possible when providing these types of care and take other precautions such as washing hands and opening windows for ventilation.

Guidance for those who are extremely clinically vulnerable

Currently people who are extremely clinically vulnerable are advised to shield. They will have received a letter from the NHS or their GP telling them this. Those shielding are advised to:

- Stay at home as much as possible.
- Keep away from others outside your household when going outside for exercise or to attend health appointments, but try to keep all contact with others outside of your household to a minimum, and avoid busy areas.
- Not meet others you do not live with unless they are part of your support bubble.
- Try to stay 2 metres away from other people within your household, especially if they display symptoms of the virus or have been advised to self-isolate.
- Work from home ; if you cannot work from home, then you should not attend work.
- Not to travel unless essential (for example, to attend health appointments).
- Not to go to shops or to a pharmacy. You are encouraged, in the first instance, to ask a friend, family member, carer or a volunteer to go to the supermarket on your behalf and collect your medicines.
- Continue to seek support from the NHS and other health providers for your existing health conditions and any new health concerns.

More information is in the current government guidance.

Most children originally identified as clinically extremely vulnerable no longer need to follow this advice. Speak to your GP or specialist clinician, if you have not already done so, to understand whether your child should still be classed as clinically extremely vulnerable. Those children whose doctors have confirmed they are still clinically extremely vulnerable are advised not to attend school while this advice is in place.

Vaccination

Key benefits of Covid-19 vaccination

- **Reduced risk** - the vaccinations reduce the chance of people suffering from Covid-19
- **Safe** - they had the same checks as other vaccines we routinely use (even though they were developed quickly)
- **Mild side effects** - most should not last longer than a week and are mild such as:
  - sore arm where the needle went in
  - feeling tired
  - a headache
  - feeling achy
- **A start to return to normal life** - the vaccination programme is a crucial part of our efforts to overcome the pandemic
- **Protection for our communities** - without a vaccine there will always be a risk that new outbreaks of the disease will emerge

Why are Covid-19 vaccines important?

The UK vaccination programme is underway. It is a crucial part of our efforts to overcome the pandemic and start to return to normal life. Without a vaccine there will always be a risk that new outbreaks of the disease will emerge.

Are they safe?

The Covid-19 vaccinations will reduce the chance of people suffering from Covid-19 disease. Although they have been developed very quickly, they have been through all the same checks as other vaccines we routinely use. Most side effects of the Covid-19 vaccine are mild and should not last longer than a week, such as:

- a sore arm where the needle went in
- feeling tired
- a headache
- feeling achy

More details about how the vaccines were developed is available online:

Is the Covid vaccine safe (BBC)

Ten reasons we got Covid-19 vaccines so quickly without 'cutting corners' (The Guardian)

Oxford vaccine: How did they make it so quickly? (BBC)

When will everyone get their vaccines?

All adults will be offered a vaccine. Those eligible now can to book an appointment for a vaccine online. GP Practices will get in touch with all their patients when the vaccine is available for them, so no action is required from other patients at this point. Those who are not registered with a GP should do so to access the vaccination programme.

Undocumented migrants can register with a GP for a Covid-19 vaccine without fear of being ejected by the Home Office.

The full plan is explained on the BBC website. Unfortunately, it will take months to produce and distribute enough vaccines for everyone, so people that are most vulnerable to the severe effects of Covid-19 have been offered a vaccine first.

Life after vaccination

It is important that 'hands, face, space' is maintained whilst we are awaiting full roll out of the vaccine. Although the vaccines are proven to work very well, they are not perfect, so there is a small chance of getting Covid-19 after vaccination. We also don't know how well it stops the spread of the disease yet.

More information

NHS Covid-19 vaccination page (NHS)

Pfizer patient information leaflet (gov.uk)

Oxford/Astra Zeneca patient information leaflet (gov.uk)

COVID-19 vaccination patient leaflet (gov.uk)

Patient leaflets on what to expect after your COVID-19 vaccinations (gov.uk)

Coronavirus Vaccines, pregnancy and Breastfeeding (Royal College of Obstetricians and Gynaecologists)

The World Health Organisation (WHO) 'WHO Vaccines Explained series' provides information about all vaccines:

Part 1: How do vaccines work?

Part 2: How are vaccines developed?

Part 3: Manufacturing, safety and quality control of vaccines

Local information

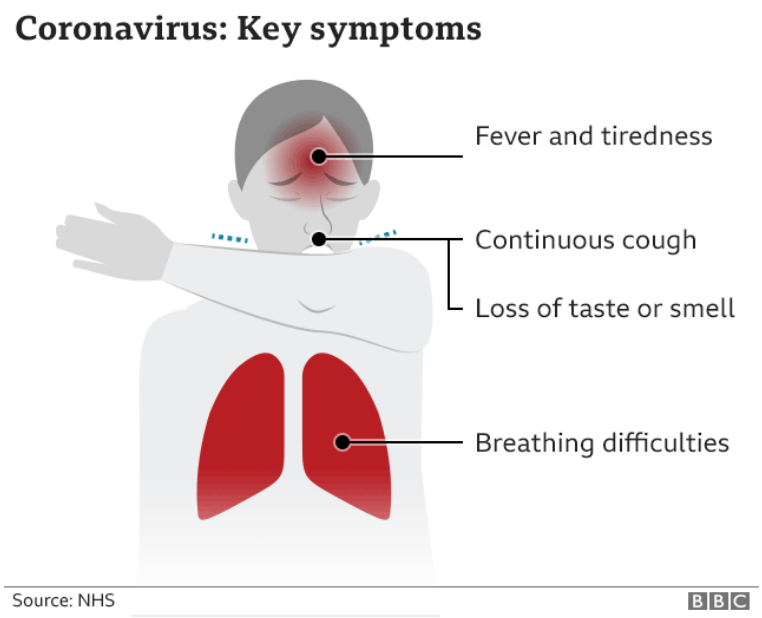
COVID-19 vaccination Frequently Asked Questions (FAQs) Compiled by NHS North London Clinical Commissioning Group

Symptoms and self-isolation

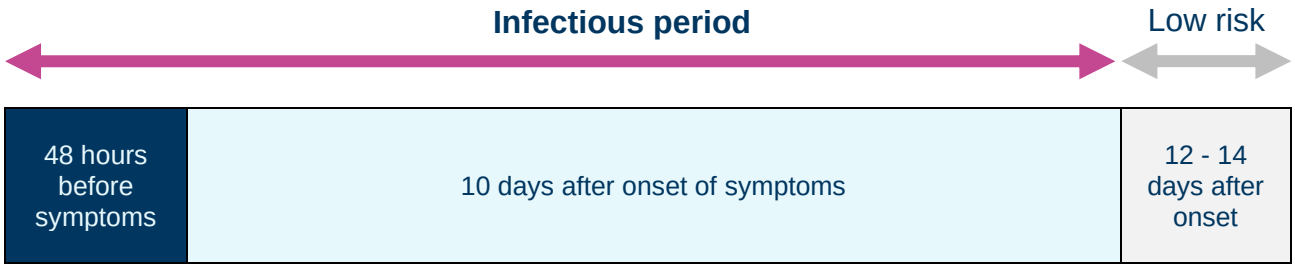
Symptoms

The main symptoms of Covid-19 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, however some people do not have any. You can be infectious (and passing it onto others) 48 hours before getting symptoms and 10 days after symptoms begin.



Self-isolation

You must stay at home (self-isolate) if you or anyone in your household develops symptoms:

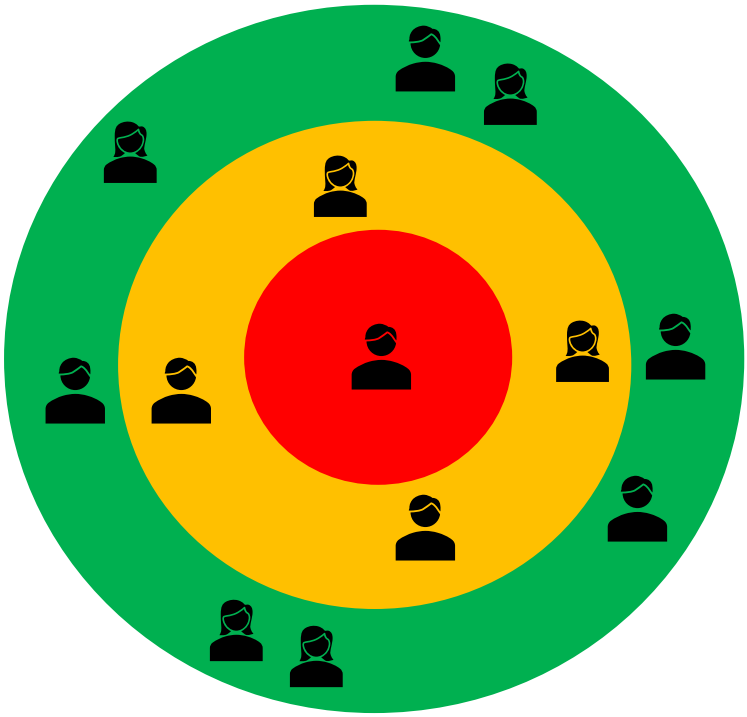
- The person with symptoms must stay at home (self-isolate) for 10 days from onset of symptoms
- Household members need to stay at home for 10 days from when the first person's symptoms start *or*
- If they develop symptoms 10 days from when their symptoms first started

Contacts

Along with household members, 'contacts' need to self-isolate for 10 days. A 'contact' is a person who has been close to someone who has tested positive for Covid-19 anytime from 2 days before the person was symptomatic up to 10 days from onset of symptoms (this is when they are infectious to others). For example, a contact can be:

- people who spend significant time in the same household as a person who has tested positive for Covid-19
- sexual partners
- a person who has had face-to-face contact (within one metre), with someone who has tested positive for Covid-19, including:
    - being coughed on
    - having a face-to-face conversation within one metre
    - having skin-to-skin physical contact, or
- someone who had contact within one metre for one minute or longer without face-to-face contact
- a person who has been within 2 metres of someone who has tested positive for Covid-19 for more than 15 minutes
- a person who has travelled in a small vehicle (e.g. a car) with someone who has tested positive for Covid-19 or in a large vehicle or plane near someone who has tested positive for Covid-19

Where an interaction between 2 people has taken place through a Perspex (or equivalent) screen, this would not be considered sufficient contact (provided there has been no other contact such as any of those indicated above).



Covid-19 +

No contact with anyone outside household & avoid household members

Contacts

Might be infectious without symptoms

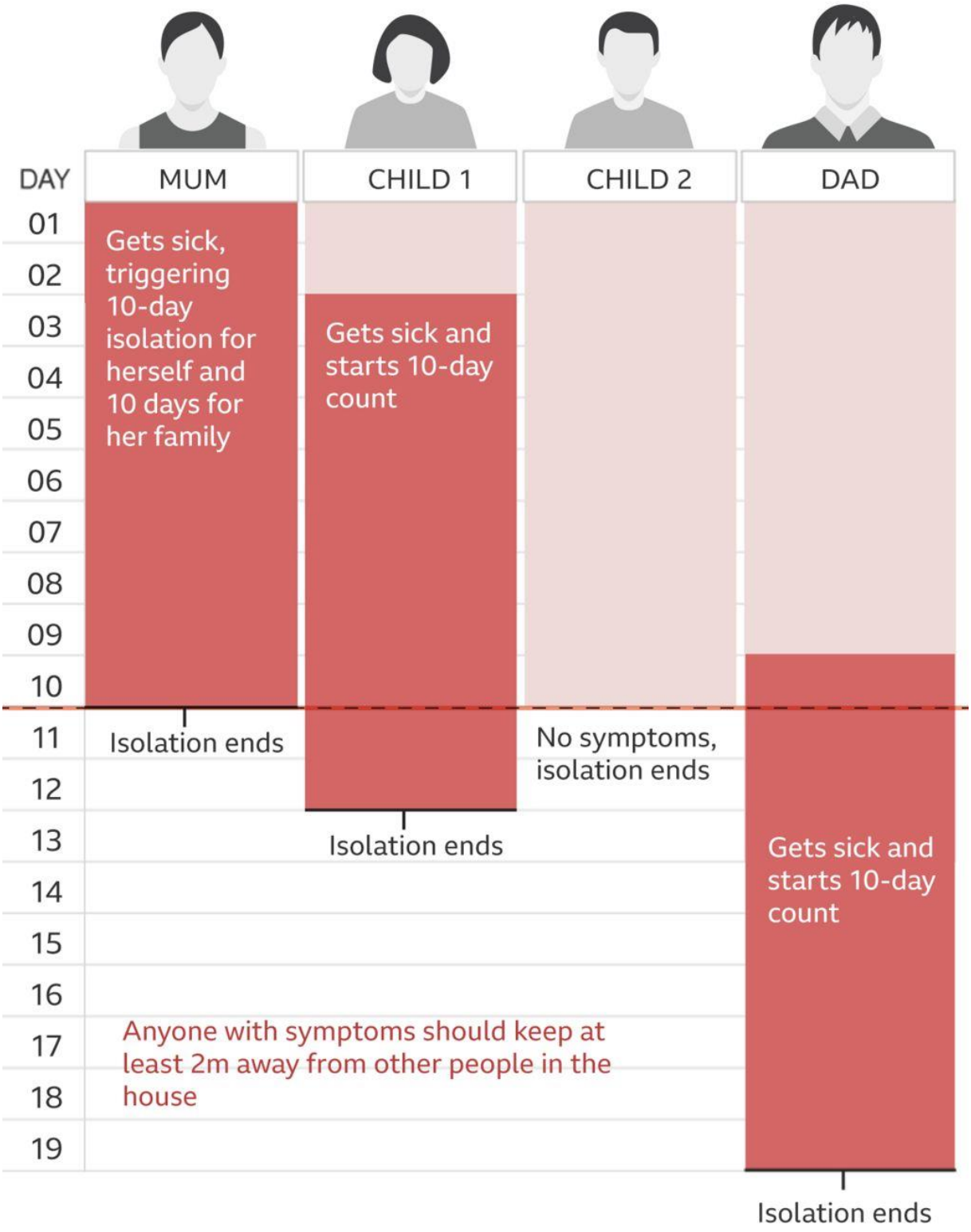
Stay at home/self-isolate

Not a 'contact'

No personal contact with Covid-19 +

Not required to self-isolate

What happens if someone in your family gets sick?



People may be able to pass on coronavirus without showing any symptoms

Source: Public Health England advice

BBC

The test and trace system

Getting a test

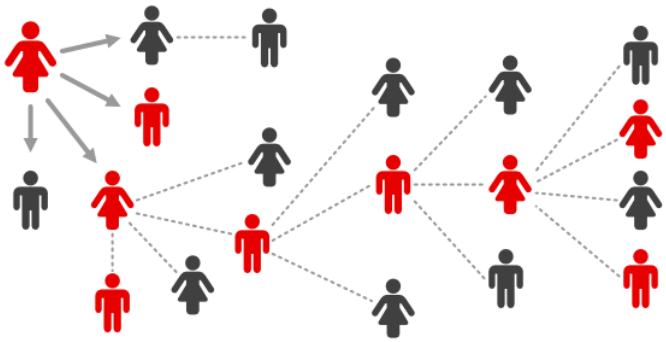
Testing is available to people of any age with Covid-19 symptoms. To get a test you have the following options:

1. Online at www.gov.uk
2. Calling 119
3. Using the NHS Covid-19 app

Tests are available at drive-through centres, walk-through centres and via post, although the availability of all of these is affected by demand.

For further help getting a test see the NHS website

Contact tracing



Contact tracing aims to identify and alert people who have come into contact with a person infected with coronavirus.

NHS Test and Trace helps trace close recent contacts of anyone who tests positive for Covid-19 and, if necessary, notifies them that they must self-isolate at home to help stop the spread of the virus. If you test positive for Covid-19, you must share information promptly and accurately about your recent contacts through NHS Test and Trace to help them alert other people who may need to self-isolate.

NHS Covid-19 app

The NHS offers an app with tools including contact tracing, local area alerts and venue check-in. It protects your privacy and identity from other app users, and their privacy and identity from you. The app uses random IDs that cannot be used by the NHS or the government to identify who you are, or who you've spent time with.

The app cannot:

- use your GPS location or track where you have been
- be used to check or monitor if you're self-isolating
- be used by law enforcement to identify or track you

- see personal information on your phone, such as your messages, address book or your phone contacts

It is available to download from Google Play for Android phones and Apple's App Store for iPhones.

Key contacts and useful links for signposting

Key contacts

PHE London Coronavirus Response Cell (LCRC) – call 0300 303 0450

Local Camden and Islington Public Health Team – email CIPHAdmin@islington.gov.uk

Useful links

Camden Covid-19 support - starting point for information and advice in Camden

Islington Covid-19 support - starting point for information and advice in Islington

Camden translated resources – resources translated into other languages

Islington translated resources – resources translated into other languages

We are Islington Helpline – Offers support and advice to residents with concerns about Covid-19 (coronavirus). Call 020 7527 8222

Contact Camden hub - can provide support and advice to residents with concerns about Covid-19 (coronavirus) – call 0207 974 4444, option 9

Camden Covid-19 dashboard - current Covid-19 data in Camden

Covid-19 Cases and Deaths in Islington - current Islington data

NHS coronavirus homepage - national information and advice

Covid-19 Tests - information and online booking

NHS Covid-19 app - includes alerts and venue check-in

BBC Coronavirus pages - information and news

PHE Coronavirus Resource Centre – for posters and other coronavirus media resources