Covid-19 recovery information pack

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Last update
16 August 2021

About the resource pack

If you talk to people about Covid-19 or its wider impacts 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 and related issues?

Covid-19 continues to impact us all in Camden and Islington. Whilst many legal measures taken in response to the pandemic have gone, Covid-19 is still circulating in our communities. So, we want to make sure that everyone understands how to keep safe and has a reliable source of information.

In addition, the pandemic has impacted residents in a number of ways, including loss of employment or income and increased anxiety and other mental health concerns. . During your interactions, many people will benefit from a conversation about such issues.

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 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

Stopping Covid-19 spreading

How is the virus spread?
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 less than 1 metre for large droplets and 2 metres 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 crowded public spaces.

*   **Space:** Avoid crowded buses and trains, and places where there may be lots of people.

*   **Ventilation:** Meet with others outside and open windows when you need to meet inside.

*   **Testing:** Regularly use the free rapid home test helps to prevent spreading the virus where people do not have any symptoms.

*   **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

More information www.gov.uk/coronavirus

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 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 information on wide range of issues is on Covid-19 vaccination Frequently Asked Questions (FAQs) compiled by NHS North London Clinical Commissioning Group.

More information

NHS Covid-19 vaccination page (NHS)

Pfizer patient information leaflet (gov.uk)

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

Moderna 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)

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)

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
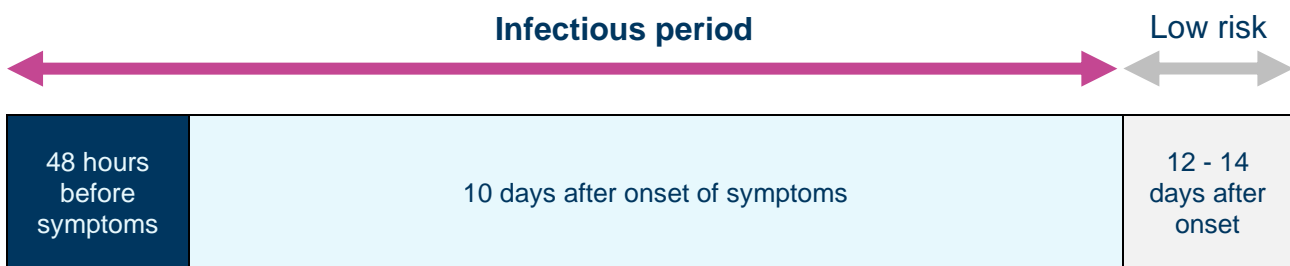
Symptoms, self-isolation and testing

Symptoms
Symptoms of Covid-19 include:

- 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

Some people have different symptoms and many do not have any, so it is important to regularly check with a test (see below). You can be infectious (and passing it onto others) 48 hours before getting symptoms and 10 days after symptoms begin.

Infectious period		Low risk
48 hours before symptoms	10 days after onset of symptoms	12 - 14 days after onset

Self-isolation
Self-isolate straight away and get a PCR test (a test that is sent to the lab) as soon as possible if you have any of these 3 symptoms of Covid-19, even if they are mild:

1. a high temperature
2. a new, continuous cough
3. a loss or change to your sense of smell or taste

You should also self-isolate straight away if

- you've tested positive for Covid-19 – this means you have the virus
- you've been told to self-isolate by NHS Test and Trace following contact with someone who tested positive

Contacts
If someone you live with has symptoms of Covid-19, or has tested positive for Covid-19, you need to self-isolate unless one of the following applies to you are:

- fully vaccinated – this means 14 days have passed since your final dose of a Covid-19 vaccine given by the NHS
- under 18 years, 6 months old
- taking part or have taken part in a Covid-19 vaccine trial
- not able to get vaccinated for medical reasons

You should still:

- get a PCR test to check if you have Covid-19
- follow advice on how to avoid catching and spreading Covid-19
- consider limiting contact with people who are at higher risk from Covid-19

Testing

Two types of Covid-19 tests are available:

1. **A PCR test**

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

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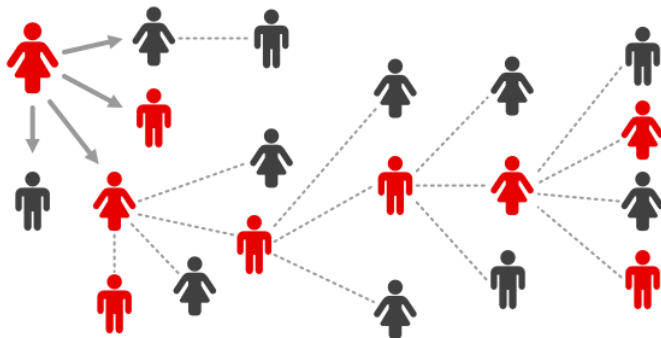   - Using the NHS Covid-19 app

   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

2. **Rapid lateral flow**

   Anyone can get a rapid flow test whenever they like; you don't have to Covid symptoms to request a test kit. They're free and you get a result 30 minutes after taking the test. See www.gov.uk to find out where you can pick up a test kit or order one online.

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.

Covid recovery

The Covid-19 pandemic and restrictions have had a lasting impact on many in our communities. The following issues may arise in your conversations. It may be useful may be useful to use the resources linked to them.

Mental Wellbeing
MECC Link mental wellbeing
Tips for conversations, information for signposting and links to self-help tools

Alcohol
MECC Link alcohol
Tips for conversations, information for signposting and links to self-help tools

Physical activity
MECC Link physical activity
Tips for conversations, information for signposting and links to self-help tools

Debt
Camden Council - Money, Benefits & Debt
Links to support services

Islington Council Directory
Links to support services

National Debt Helpline
Advice line and self-help tools

Work
Job Hub
Camden Council support for people looking for work

iWork
Islington Council support for people looking for work

More help and other issues
One You Camden and One You Islington
Self help tools and resources on lifestyle issues

Wish Plus (Camden) and Shine (Islington based, but London wide)
Energy advice service dealing with a range of associated issues such as bills, debt, benefits and energy efficient grants. Good starting points for most issues arising from MECC.

Covid-19 key contacts and links

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

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

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

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