

# COVID-19 update

## Colliers Wood and NE Mitcham Community Forum

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20<sup>th</sup> October 2021

Minute Item 5



# COVID-19 UPDATE

- **7 day case rate** (all ages) 275.1 cases per 100,000 (up from 233.5), compared to 242.4 (up from 207.4) cases per 100,000 for London (7th October – 14th October)
- **Autumn and Winter Plan** has been published, which aims to avoid rise in hospitalisations which puts unsustainable pressure on the NHS
  - Plan A – Vaccinations, Test Trace & Isolate, clear comms and manage risk at the borders
  - Plan B – Clear comms of change of risk, vaccination only COVID Pass, mandated face coverings in some settings and working at home
- **Vaccination** continues to be our first line of defense; access by calling 119, booking at [www.nhs.uk](http://www.nhs.uk) or attending a drop-in clinic
  - Evergreen offer – continuing to provide 1<sup>st</sup> and 2<sup>nd</sup> dose vaccinations; it's not too late
  - Booster dose to priority groups e.g. those living in care homes, over 50s, front-line health/care staff, 16 to 49 with underlying health conditions
  - 3<sup>rd</sup> vaccine dose to over 12's with severely weakened immune systems
  - Universal offer of 1<sup>st</sup> dose (Pfizer) for 12 to 15 year olds
- Coronavirus remains a **serious health risk**. Everybody needs to stay cautious and help protect themselves and others
  - ✓ If you think you may have COVID-19 symptoms, stay at home and take a PCR test
  - ✓ Continue to take part in twice-weekly asymptomatic testing
  - ✓ If you are not well, try to stay at home
  - ✓ Meet up outside or if you're indoors open windows or doors
  - ✓ Wear face-coverings in crowded places to help protect others
  - ✓ Check in with the NHS COVID-19 app when you are out
  - ✓ Wash your hands regularly and for a least 20 seconds with soap
  - ✓ Fully vaccinated contacts do not need to isolate, but should be cautious and get a PCR test
- Better Health Merton – be a healthy weight, move more, stop smoking, reduce alcohol use, get a flu jab, manage LTCs and look after your mental wellbeing. [Better Health Merton: kick-start your health](#)

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Better  
Health

LET'S  
DO THIS



**NHS**

South West London  
Clinical Commissioning Group

# BETTER HEALTH MERTON

[merton.gov.uk/publichealth](https://merton.gov.uk/publichealth)



# OPPORTUNITIES FOR ACTION

- Join our network of **170** COVID-19 Community Champions or our YACC; a key part of our approach to preventing and managing outbreaks in Merton.
- Vaccination Q&A for parents/carers of 12 to 15 year olds - <https://www.merton.gov.uk/coronavirus/residents#titleCol20>
- CEV Shielding Forum – Date TBC.
- Merton Giving grants, 6th December deadline- [Current Fund - Merton Giving](#)
- Sign up for the Merton COVID-19 newsletter – [www.merton.gov.uk/newsletter](http://www.merton.gov.uk/newsletter)

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**my voice**  
Merton Adult

## When to take which test:

LFD LATERAL FLOW DEVICE TEST	PCR POLYMER CHAIN REACTION TEST
FOR THOSE <u>WITHOUT SYMPTOMS</u>	FOR THOSE <u>WITH SYMPTOMS</u>
	High temperature Continuous cough Loss of taste/smell
<p>I'm not displaying symptoms: I'll book an <b>LFD</b> test and go to Morden Assembly Hall or where directed for my test</p> 	<p>I've developed symptoms so I'll book a <b>PCR</b> test: <a href="http://www.gov.uk/get-coronavirus-test">www.gov.uk/get-coronavirus-test</a> (or call 119)</p> <p>Cough Cough</p> 
<u>ONCE SWAB IS TAKEN:</u> <b>RESULTS IN 30 MINUTES</b>	<u>ONCE SWAB IS SUBMITTED:</u> <b>RESULTS IN 24-48hrs</b>

For more information contact [public.health@merton.gov.uk](mailto:public.health@merton.gov.uk)

**ANY QUESTIONS?**

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