

COVID-19 update

Mitcham Community Forum

Page 21

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6th October 2021

Minute Item 5



COVID-19 UPDATE

- **7-day case rate** (all ages) 231.1 cases per 100,000 (up from 191.0 previous week), compared to 219.4 per 100,000 for London (23/9 to 29/9).
- **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 or attending a drop-in clinic
 - Evergreen offer – continuing to provide 1st and 2nd dose vaccinations; it's not too late
 - Booster dose to priority groups 1-9 e.g. those living in care homes, over 50s, front-line health and care staff, 16 to 49 with underlying health conditions
 - 3rd vaccine dose to over 12's with severely weakened immune systems
 - Universal offer of 1st 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](#)

Page 22



**Better
Health**

**LET'S
DO THIS**



NHS

**South West London
Clinical Commissioning Group**

BETTER HEALTH MERTON

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 webinar - [12 to 15 year old vaccination webinar for parents Tickets, Thu 7 Oct 2021 at 19:00 | Eventbrite](#)
- CEV Shielding Forum – 18/10 at 12.30pm to 2.15pm and 6pm to 6.45pm
- Merton Giving grants, 6th December deadline- [Current Fund - Merton Giving](#)
- Sign up for the Merton COVID-19 newsletter – www.merton.gov.uk/newsletter

For more information contact public.health@merton.gov.uk

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 LFD test and go to Morden Assembly Hall or where directed for my test</p> 	<p>I've developed symptoms so I'll book a PCR test: www.gov.uk/get-coronavirus-test (or call 119)</p> <p>Cough Cough</p> 
<u>ONCE SWAB IS TAKEN:</u> RESULTS IN 30 MINUTES	<u>ONCE SWAB IS SUBMITTED:</u> RESULTS IN 24-48hrs

ANY QUESTIONS?

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