

Covid-19 Information Update Issue 30 w/b 16th Aug (revised updates in yellow)

Covid Information Champion update

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People are continuing to become infected with COVID-19 and the virus is still affecting our daily lives, we all need to play our part to protect ourselves, our families and communities.

We still need everyone to do the basics:

- get vaccinated if you're 16 or over
- self-isolate if you are contacted by NHS Test and Trace, or when advised to by the NHS COVID-19 app, unless you are fully vaccinated in which case please get a PCR test.

Changes to self-isolation requirements

New self-isolation rules that have come into effect from Monday 16 August mean that adults who are fully vaccinated, and those aged under 18, will no longer be legally required to self-isolate if they are identified by NHS Test and Trace as a close contact of a positive COVID-19 case. People will still be advised to take a PCR test and will need to self-isolate if they test positive to reduce the risk of onward transmission.

The relaxation will not apply to users of the NHS COVID-19 app as if you've been 'pinged' via that app, self-isolation is advisory rather than a legal requirement. However, fewer contacts of people with coronavirus will be told to isolate by the NHS COVID-19 app following a recent update; the app will now only look back at contacts two days before someone who tests positive, as opposed to the five days of contacts the app was tracking before.

New groups eligible for vaccination

All of Hertfordshire's 16 and 17-year-olds can now have a dose of the Pfizer vaccine. A single dose will provide 80% protection against hospitalisation and protection could be even higher as younger people generally respond better to vaccines. Some will have already had COVID-19, but this doesn't mean that they don't need to be vaccinated, it means that they will have an even better immune response to the vaccine. The JCVI will provide further guidance on whether a second vaccine should be offered to this age group in future.

16-17-year-olds do not need the consent of their parents or guardians to have the vaccine, but they are very welcome to attend a vaccination centre with a parent, carer or friend. Anyone who is anxious will be well looked after and staff will be happy to help with any questions that a young person might have.

From this week, all of the large vaccination clinics operated across the county by Hertfordshire Community Trust will offer walk-in vaccinations for 16–17-year-olds. Booking on the National Booking System is not yet available for under 18s, so they should attend a walk-in session at one of the sites publicised on the website <https://Covid.healthierfuture.org.uk/>.

In addition, some of Hertfordshire's groups of GP practices, called 'Primary Care Networks', will also start to vaccinate 16–17-year-olds very soon. Practices will contact their patients directly to make arrangements for them if this is a service that they plan to offer. There is no need for people to contact the NHS – everyone eligible will be contacted.

Thank you to Community Help Hertfordshire for the above Content - For inquiries please contact:-

West Herts (Dacorum, Three Rivers, Hertsmere & St Albans) – tim.hayward-smith@cdaherts.org.uk

East Herts (East Herts, North Herts, Broxbourne & Welwyn Hatfield) – stuart.izzard@cdaherts.org.uk

'Super Sunday' Watford

Residents, including the newly eligible 16 and 17-year olds, are being urged to get their first or second COVID-19 vaccine at the event. People who would prefer the certainty of a booked appointment can go to www.watford.gov.uk/supersunday or call 01923 278616 (lines open Monday 16 August at 9am and close at 3pm on Friday 20 August) and a member of staff will make a booking

on their behalf. Alternatively, people can walk up on the day without an appointment, but they should be prepared to queue to enter the stadium. People who go along won't need to provide ID and don't need to be registered with a GP, nor be worried that their immigration details will be passed on. The stadium is fully wheelchair accessible and disabled parking is available.

There will be multilingual volunteers on hand to help, as well as a midwife to give advice for pregnant women between 12noon to 4pm. Pregnant women can be fast-tracked to the front of the queue, to allow them to have private conversation with the midwife and also to make sure they are as comfortable as possible.

For all your Covid Information Resources at CDA Herts please [Click Here](#) including:

False information and Needle Phobia;

Information about the vaccination programme in different languages and formats;

CIC created videos in different languages about vaccinations and pregnancy;

Covid Information Slides translated into 7 Languages;

HertsHelp: www.hertshelp.net email info@hertshelp.net or call 0300 123 4044;

New NHS Posters.

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