COVID-19 update Colliers Wood and NE Mitcham Community Forum

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COVID-19 UPDATE

- o **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)
- o 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 <u>www.nhs.uk</u> 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 e.g. those living in care homes, over 50s, front-line health/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
- o 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













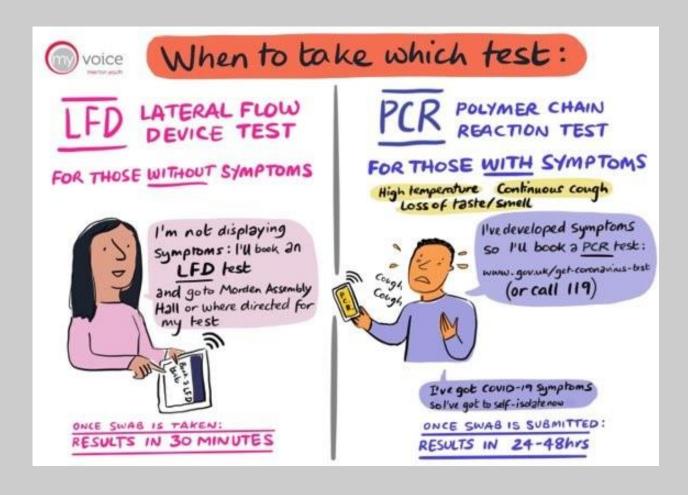
merton.gov.uk/publichealth





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 -<u>https://www.merton.gov.uk/coronavirus/resid</u>
 <u>ents#titleCol20</u>
- ★ EV Shielding Forum Date TBC.
- Merton Giving grants, 6th December deadline- <u>Current Fund - Merton Giving</u>
- Sign up for the Merton COVID-19 newsletter
 - www.merton.gov.uk/newsletter



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







ANY QUESTIONS?







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