**Covid-19 Information Update Issue 11 - Please share this throughout your community (updates from previous Bulletin in yellow)**

**Covid Information Champion update** - The number of coronavirus cases in Hertfordshire is falling but now is not the time to get complacent. We must continue to play our part to stop the spread. We are still in a national lockdown, and we are urging all residents to stay home whenever possible. Thanks to the work of GP practices, hospitals, pharmacies and our larger vaccination sites, more than 507,000 people have received at least one vaccine dose in Hertfordshire and west Essex.

**Roadmap out of lockdown -** The government’s four-step roadmap is now in the next stage as of 29 March. This means that outdoor gatherings (including in private gardens) of either 6 people or 2 households are allowed. Outdoor sports facilities such as tennis courts, and open-air swimming pools are also allowed to reopen. The ‘stay at home’ rule has now ended, but many restrictions remain in place. It is important that we all continue to follow the rules of social distancing, washing our hands, wearing a face covering and isolating and getting tested if you get symptoms. For the Govt Road Map [**Click Here**](https://www.gov.uk/government/publications/covid-19-response-spring-2021/covid-19-response-spring-2021-summary)

**Vaccine supplies -** From 29 March for an expected four-week period, there will be a reduction in the weekly supply of vaccine. Fewer appointments will be available for first doses during April, as the bulk of vaccine supplies will be used to fully vaccinate people who are due their second jab. Previously booked appointments for first doses, and those people due their second dose will still receive their vaccine and should attend their appointments as planned.

Everyone who booked their first appointment at a pharmacy or large vaccination centre either using the National Booking System website or by calling 119, should already have a second dose appointment. Anyone who had their first vaccination at a GP-led vaccination centre will be contacted by their GP practice and given a date for their second appointment. [**Click Here**](https://www.gov.uk/government/news/uk-regulator-confirms-that-people-should-continue-to-receive-the-covid-19-vaccine-astrazeneca)

**Vaccination Programme** - You can find information about the vaccination programme, including resources for adults with learning disabilities and resources in different languages and formats [**Click Here**](https://covid.healthierfuture.org.uk/information-and-resources)

**Questions and answers about the Vaccine are available** [**Click Here**](https://covid.healthierfuture.org.uk/vaccination-faqs)

**Lateral flow testing – schools -** Only students in year 7 and above have been asked to complete rapid testing, also known as lateral flow tests, twice a week. Home tests absolutely should not be carried out on children in nursery, infant or primary school. It is explicitly not recommended as part of the testing programme and we are concerned that it could hurt or cause injury to small children Throughout the Easter break, parents should continue to home test themselves, and their children if they are in year 7 and above.

You can find your nearest collection site and order online [**Click Here**](https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests) You can also book a test for yourself at one of the county council’s rapid test centres [**Click Here**](http://www.hertfordshire.gov.uk/rapidtest)

**Free rapid testing for people who do not have any symptoms is still available in locations across Hertfordshire for over 16s. If you are leaving the house for an essential purpose such as shopping, or if you can’t work from home, we recommend getting tested twice a week.**

**Are you registered with a GP? -** To make sure you get your call to be vaccinated, it is much easier if you are registered with a GP surgery. Anyone can register with a GP surgery. You do not need proof of address or immigration status. If you are not registered, there are instructions on how to do so here: [**Click Here**](https://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/)

**Vaccine Resources -** You can find information about the vaccination programme, including resources for adults with learning disabilities and resources in different languages and formats [**Click Here**](https://covid.healthierfuture.org.uk/information-and-resources)

**Inclusion -** Videos have been created by some of Hertfordshire’s Covid Information Champions in different languages about the coronavirus vaccine [**Click Here**](https://youtube.com/playlist?list=PLgtazLRY5Zd-yrK9YZzsEukHC4SmQ4mO0)

**Arabic leaflet and video links**

* 'What to expect after your COVID-19 vaccination' leaflet in Arabic [**Click Here**](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/953061/PHE_COVID-19_vaccination_guide_what_to_expect_after_your_vaccination_Arabic.pdf)
* COVID-19 vaccine information video in Arabic [**Click Here**](https://vimeo.com/508372552)

**Urdu leaflet and video links**

* 'What to expect after your COVID-19 vaccination' leaflet in Urdu [**Click Here**](file://C:\Users\lynsi\AppData\Local\Packages\microsoft.windowscommunicationsapps_8wekyb3d8bbwe\LocalState\Files\S0\2227\Attachments\•https:\assets.publishing.service.gov.uk\government\uploads\system\uploads\attachment_data\file\955270\PHE_COVID-19_vaccination_guide_what_to_expect_after_your_vaccination_Urdu.pd)
* COVID-19 vaccine information video in Urdu [**Click Here**](https://vimeo.com/505344671)

**BBC Asian Network**: [**Click Here**](https://www.bbc.co.uk/programmes/b00k0b2k)

Questions and answers about the vaccine are available [**Click Here**](https://covid.healthierfuture.org.uk/vaccination-faqs)

**Keep on doing the basics:**

* make sure we wash our hands regularly and thoroughly
* keep our distance from others
* wear a face-covering when required
* self-isolate when told to do so

**If you or your family need financial or practical help and advice with the cost of food or fuel this winter, please get in touch with HertsHelp**:

[**Click Here**](https://www.hertshelp.net/hertshelp.aspx) or email [**info@hertshelp.net**](mailto:info@hertshelp.net) or call **0300 123 4044**

For more information and guidance for residents and businesses during the pandemic please [**Click Here**](https://www.hertfordshire.gov.uk/about-the-council/news/coronavirus-covid-19-what-you-need-to-know.aspx)