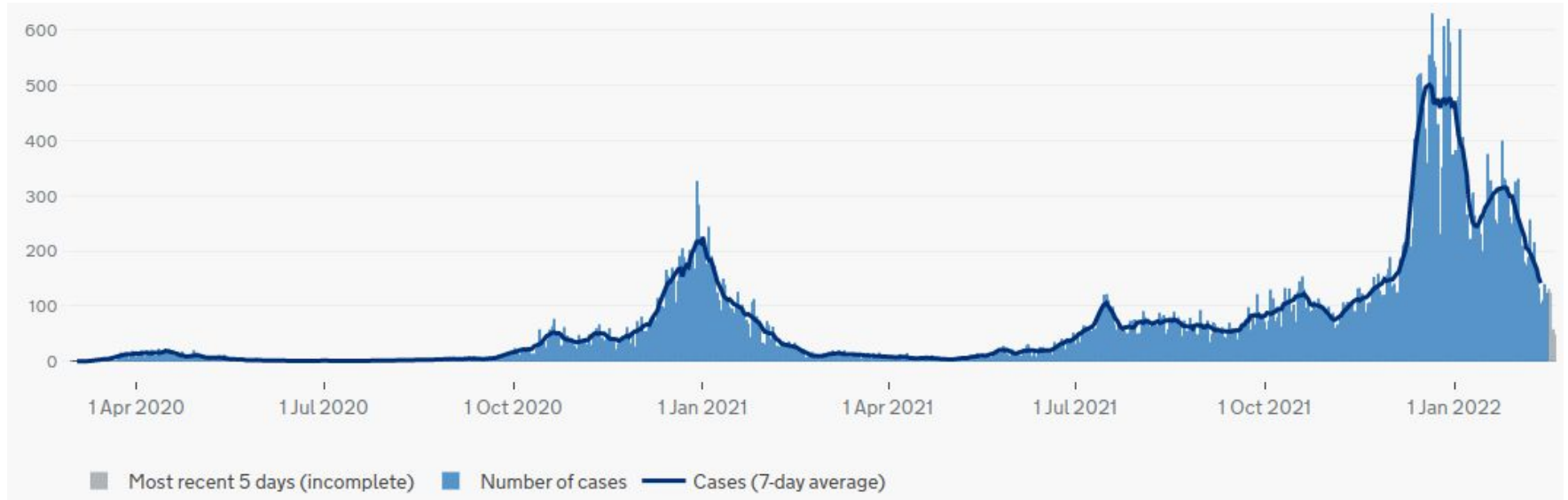


# Welcome: Session 42 (21/02/22)

- Thank you for joining us
- We are grateful for the support of the community sector working in partnership with us to share messages with the residents of Kingston
- We need every resident to know what they can personally do to keep themselves safe - and that way - also help Kingston safe as a whole
- Today we will share the latest data for Kingston
- We will share the latest key messages - for you to share with your contacts
- We'll also be adding in some new messages - on opportunities for residents to stay healthy while we have COVID-19 in the borough

# Kingston daily cases at 21/02/22 (full data up to 15/02/22)



1 Feb 2022

■ Number of cases : 331  
— Cases (7-day average) : 259.1

8 Feb 2022

■ Number of cases : 186  
— Cases (7-day average) : 187.1

15 Feb 2022

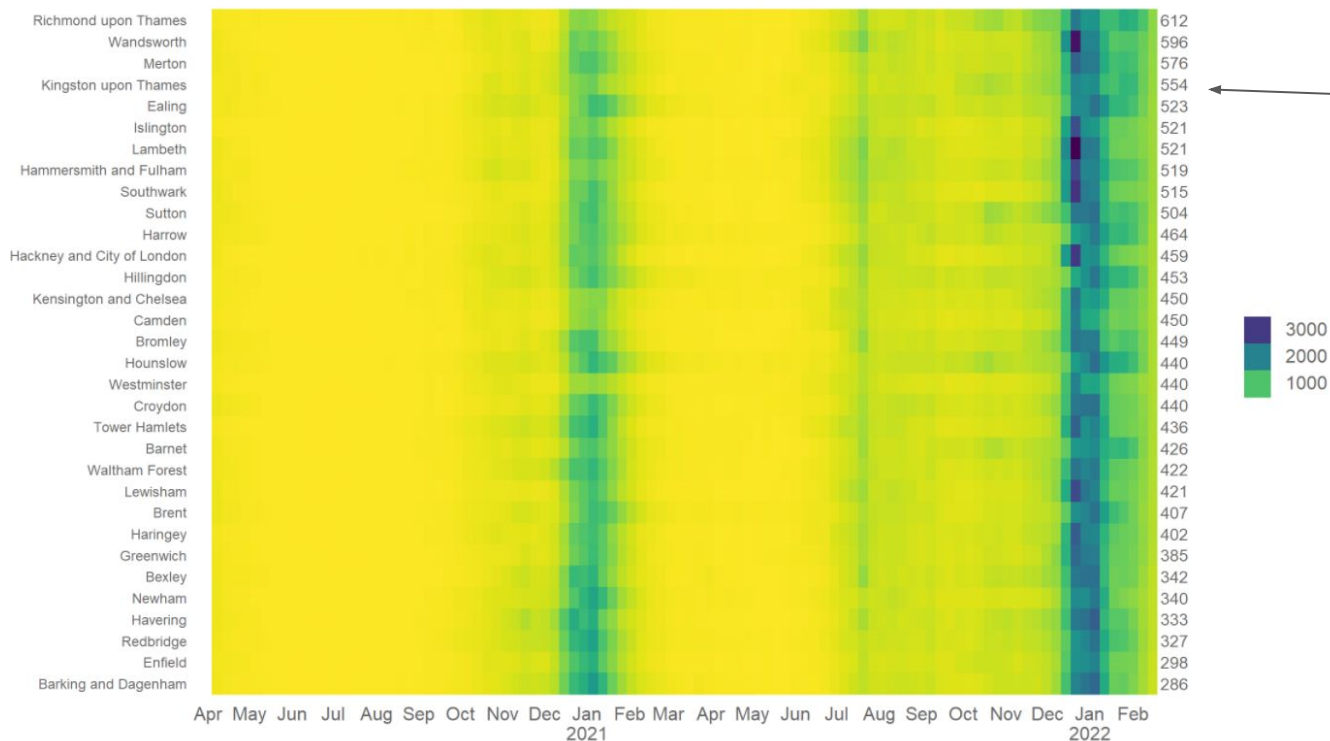
■ Number of cases : 124

Rates continue to fall steadily

# How does Kingston compare with other London boroughs?

## Weekly case rates per 100,000 population

Most recent complete data for week ending 15 February (case rate shown on right hand column)

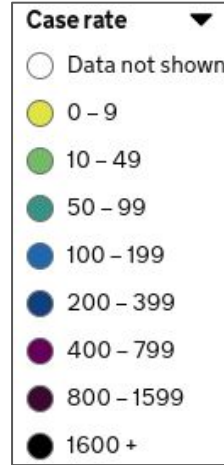
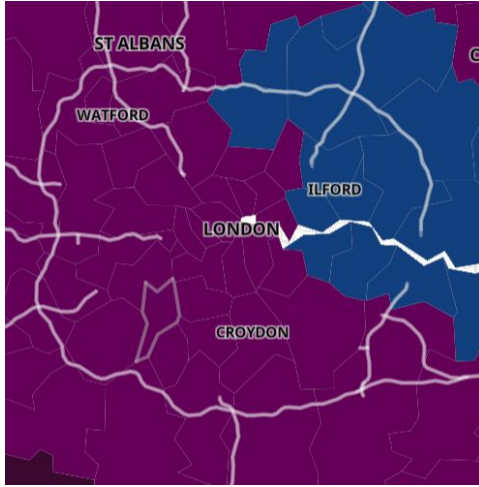


Source: PHE COVID-19 Dashboard

Sorted by case rate in most recent week. Colour scale may change with new data

Graphic by GLA City Intelligence

# What is the trend in Kingston for COVID-19?



## Kingston upon Thames

LTLA

Seven days to 15 February 2022

Total cases

**993** ↓ -443 (-30.8%)

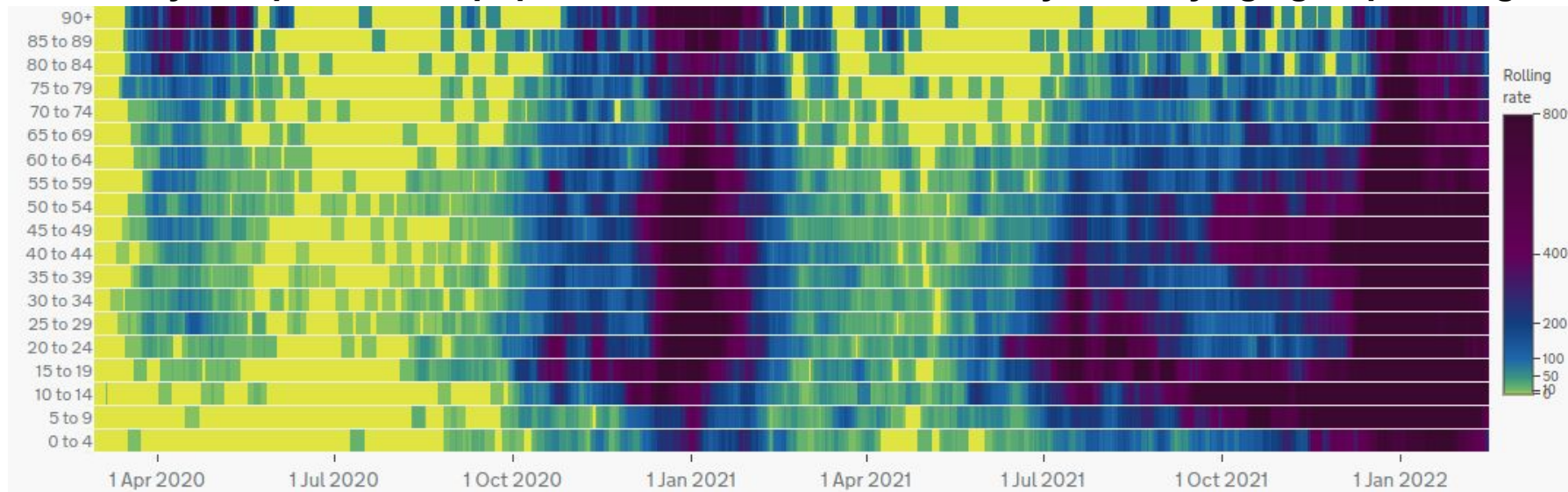
Case rate per 100,000 people

**554.3**

Date	Rate
04/01/2022	1683.6
11/01/2022	1030.5
18/01/2022	949.5
25/01/2022	1093.5
01/02/2022	1165.6
08/02/2022	801.6
<b>15/02/2022</b>	<b>554.3</b>

You can check the latest data here: <https://data.kingston.gov.uk/home/coronavirus-dashboard/>

# Seven day rate per 100,000 population / week, to 15th February 2022, by age group in Kingston

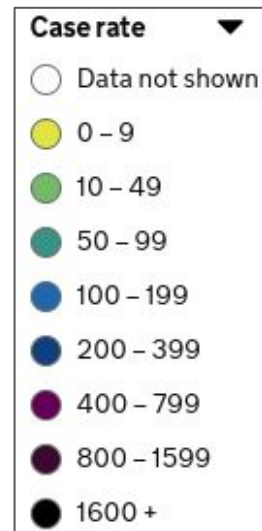
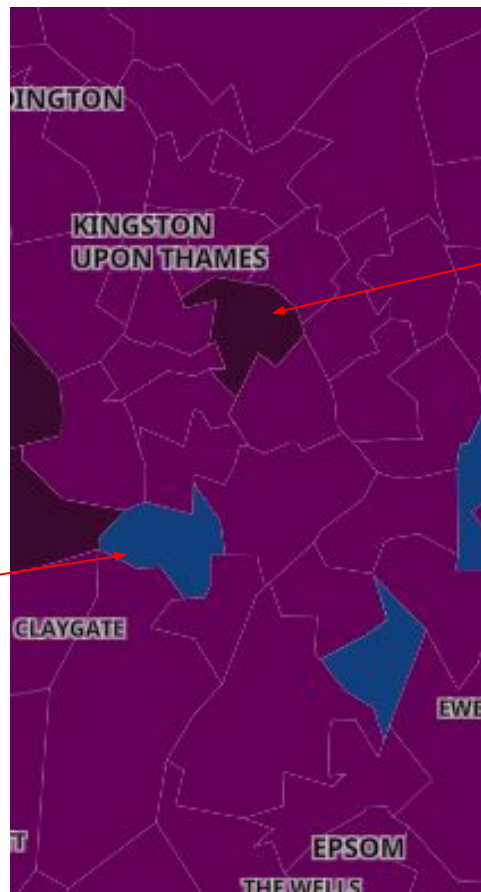


Date: 15th February Age group: 0 to 4 Rolling Rate: 261.7	Date: 15th February Age group: 5 to 9 Rolling Rate: 511.7	Date: 15th February Age group: 10 to 14 Rolling Rate: 693.9	Date: 15th February Age group: 15 to 19 Rolling Rate: 670.9	Date: 15th February Age group: 20 to 24 Rolling Rate: 553.9	Date: 15th February Age group: 25 to 29 Rolling Rate: 559.4	Date: 15th February Age group: 30 to 34 Rolling Rate: 552.5	Date: 15th February Age group: 65 to 69 Rolling Rate: 462.3	Date: 15th February Age group: 75 to 79 Rolling Rate: 200.2	Date: 15th February Age group: 80 to 84 Rolling Rate: 180.8
---	---	---	---	---	---	---	---	---	---

Rates continue to fall in all age groups

See the most up to date data on age groups in the public domain: <https://coronavirus.data.gov.uk/details/cases?areaType=Itla&areaName=Kingston%20upon%27thames>

# Kingston Hot Spots, 15/02/22



You can check the latest maps here: <https://coronavirus.data.gov.uk/details/interactive-map>

# Key Communications Messages

- The Communications messages shared today represent the latest government guidance
- The government's announcement expected later today is likely to include some key changes to policy in the way the government feels the public should live with Covid-19
- Regardless of any policy changes from government, we will continue with our own local public health priorities, basing recommendations on what we feel is best for the safety and wellbeing of our community
- We will continue to encourage our residents to build on the tremendous efforts they have made throughout the pandemic in keeping themselves and each other safe



# Testing (as it stands): at a glance.

In England, if you get a positive  
Lateral Flow Test result:

You no longer need to take a follow-up PCR test

You should still self-isolate immediately

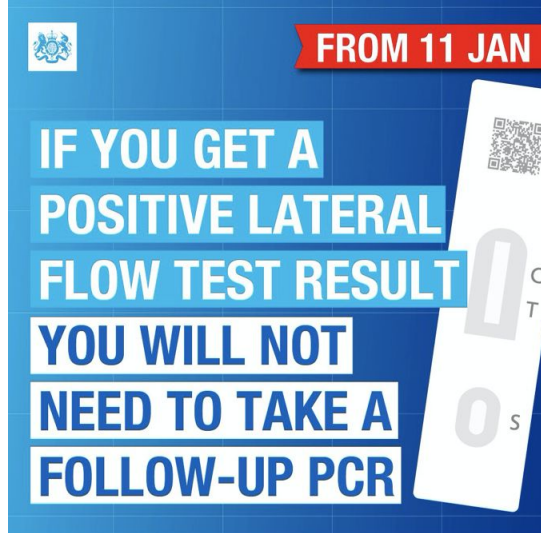
**This change only affects those with no symptoms**

If you have symptoms you will still need a PCR test

**Those with Covid can leave isolation early on Day 6, providing they have 2  
negative LFT results 24 hours apart on Day 5 & Day 6.**

You should also register a positive LFT test result

Some exceptions apply. **More details** [here](#).



FROM 11 JAN

IF YOU GET A  
POSITIVE LATERAL  
FLOW TEST RESULT  
YOU WILL NOT  
NEED TO TAKE A  
FOLLOW-UP PCR

The infographic features a blue background with a white QR code and a stylized illustration of a lateral flow test strip showing two lines.



YOU SHOULD STILL  
SELF-ISOLATE  
IMMEDIATELY

The infographic features a blue background with a white QR code and a stylized illustration of a calendar grid with one date highlighted in blue.



IF YOU HAVE  
SYMPTOMS  
TAKE A PCR TEST  
AND SELF-ISOLATE  
IMMEDIATELY

The infographic features a blue background with a white QR code and a stylized illustration of a PCR test tube.



# Isolation and Testing (as they stand!)

PLACE LOGO HERE

NHS  
Test and Trace


Self-isolation rules have changed

Let's help **keep things moving**

**Tested positive for Covid-19?**

You can now **reduce the time you self-isolate to 5 days instead of 6.**

Swipe left for details...




NHS  
Test and Trace

Self-isolation rules have changed

**How** have they changed?

**From day 5** of self-isolation take a rapid lateral flow test each day.

After **two negative results in a row** you can **stop self-isolating**, whether you're vaccinated or not.



NHS  
Test and Trace

Self-isolation rules have changed

**Why** have they changed?

We've found **5 full days** of self-isolation with 2 negative test results gives **nearly as much protection as 6 days without testing.**




# The current situation with testing

- Health and social care settings, workplaces and schools have their own specific testing rules and guidance. Follow the guidance if you visit or work in the these settings
- The current plan for our targeted community testing is in place until the end of March 2022.

For all the latest local guidance for Kingston, visit:

<https://www.kingston.gov.uk/covid-19-kingston/testing-contact-tracing>



Around 1 in 3 people with Covid-19 have no symptoms and are spreading it without knowing.   
Keep testing regularly.

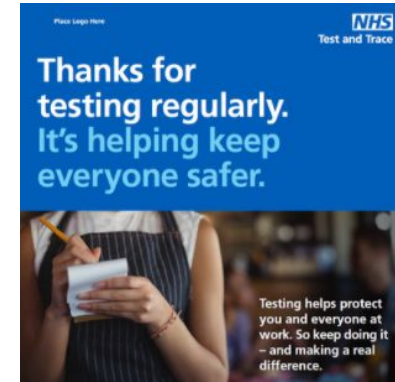


You can get free rapid Covid-19 tests:  
Online at [nhs.uk/Get-Tested](https://nhs.uk/Get-Tested)  
At most pharmacies  
By calling 119



Whatever your test result, let us know right away.  
Including negative and void.  
It's easy, go online at [gov.uk/report-covid19-result](https://gov.uk/report-covid19-result) or call 119

Let's keep life moving.



# COVID spreads like smoke TV ad

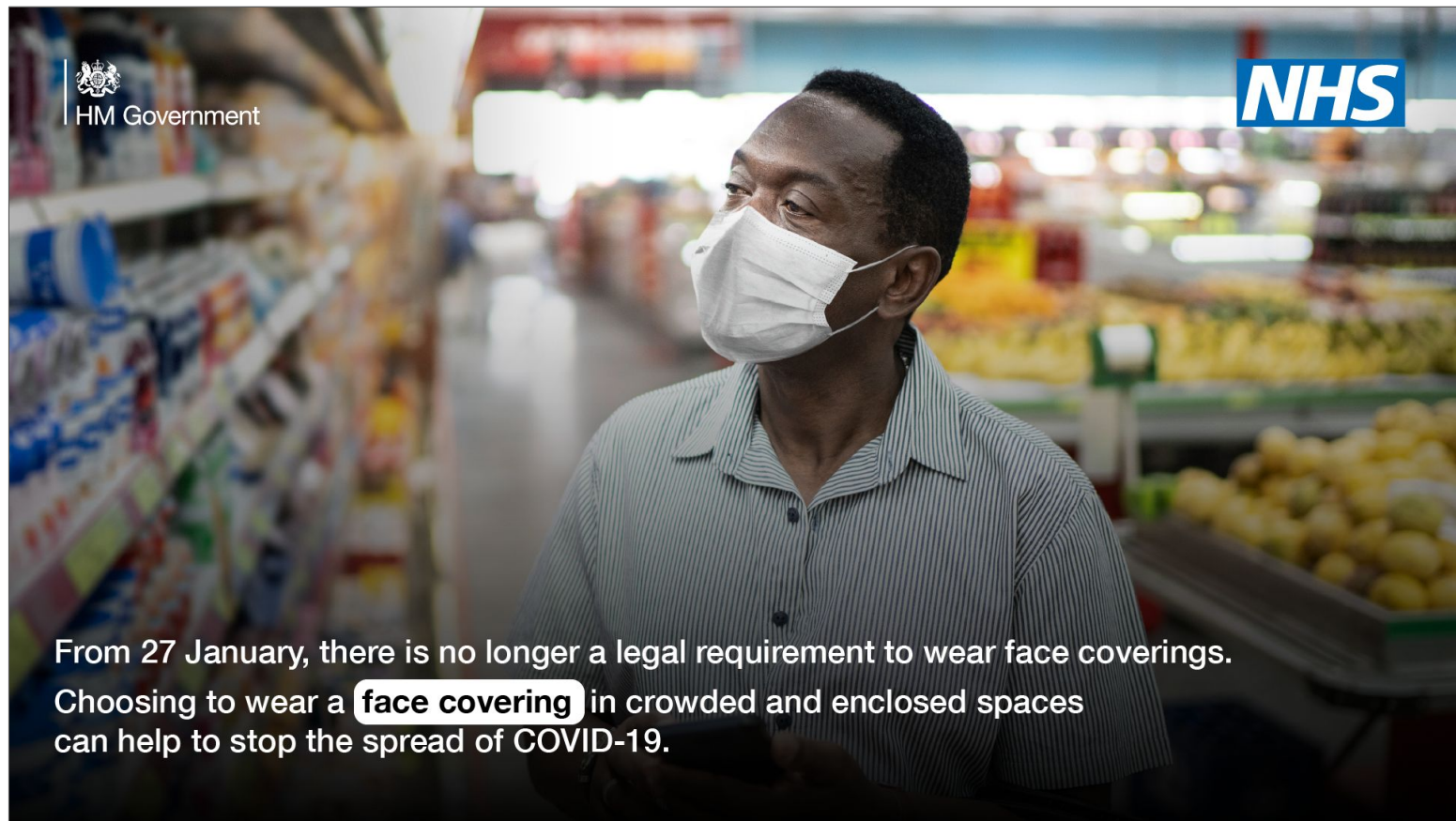


# **Recruitment ad for latest PANORAMIC COVID-19 Anti-viral Trial**

The NHS logo is positioned in the top right corner of the image. It consists of the letters 'NHS' in a bold, white, sans-serif font, set against a blue rectangular background. The logo is placed over a dark background that features a repeating pattern of red capsules, each with a white circular emblem in the center. The capsules are arranged in a staggered grid across the right half of the image.



# Face coverings - encouraging responsibility

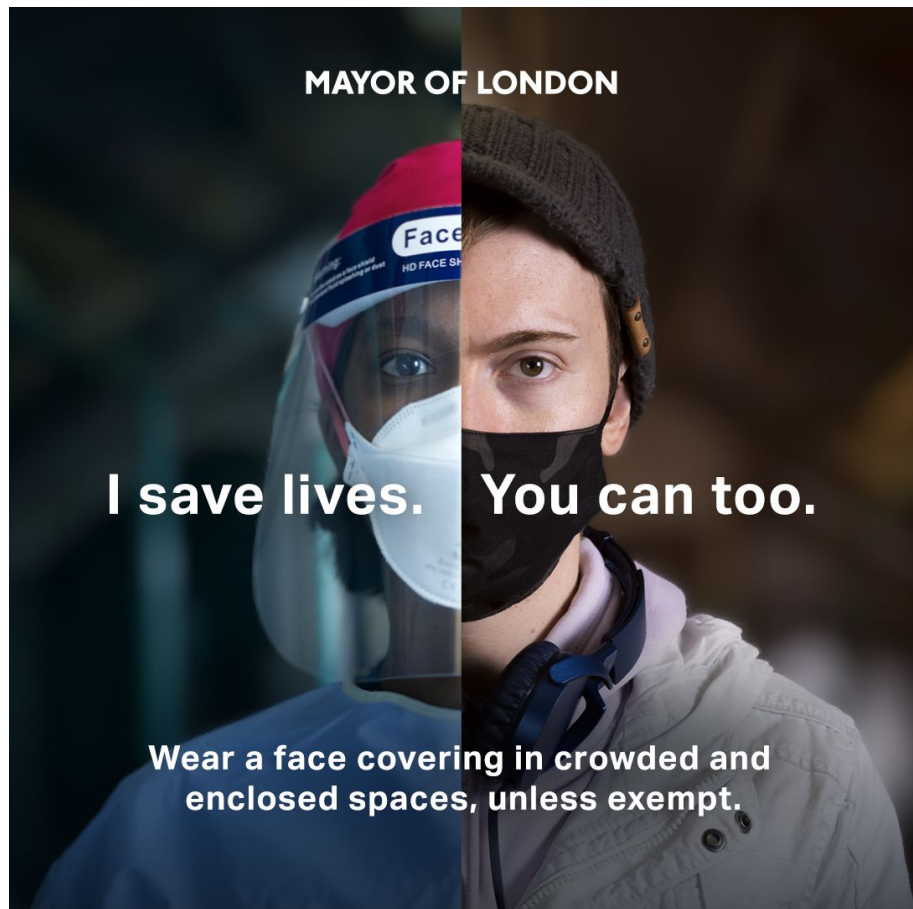


HM Government

NHS

From 27 January, there is no longer a legal requirement to wear face coverings. Choosing to wear a **face covering** in crowded and enclosed spaces can help to stop the spread of COVID-19.

# Mask Wearing - despite guidance change





# Vaccination for 5-11 year olds

- In line with the JCVI's recent recommendations, the government has decided to offer Covid 19 vaccination to all 5-11 year old children whose parents would like them to receive it.
- Exact details on the local rollout in Kingston has yet to be formalised, and once this is known it will be shared in this meeting, as well as across all our other channels.



# Latest vaccination appeal to expectant mothers



HM Government





# WE'VE BEEN BOOSTED

**JOIN US  
LET'S GET PROTECTED**

**NHS.UK/COVIDVACCINATION**

**GET  
BOOSTED  
NOW**

**Our range of walk-in vaccination clinics continues across Kingston and our bordering boroughs - it really has never been easier**

Offers change on a weekly basis, but for the very latest, please check at:

[www.swlondonccg.nhs.uk/covid/where-can-you-get-vaccinated/vaccination-walk-in-clinics/](http://www.swlondonccg.nhs.uk/covid/where-can-you-get-vaccinated/vaccination-walk-in-clinics/)

# GET BOOSTED NOW



COVID-19  
Vaccination Centre

## Kingston walk-in COVID-19 vaccination clinics

Ages 12+, 1st, 2nd & booster doses

**Hawks Road, Kingston Tuesday 22 to Sunday 27 February 2022**

**Boots, Union Street, Kingston**

**Pfizer - Monday 21 and Saturday 26 February 2022**

**Moderna - Monday 21, Friday 25 and Saturday 26 February 2022**

**Ancient Market Place, Kingston**

**Thursday 24 February 2022**

**For times & full details visit [swlondonccg.nhs.uk/covid-walk-in-clinics](https://swlondonccg.nhs.uk/covid-walk-in-clinics)**

**No appointment needed or book at [nhs.uk](https://nhs.uk)**



# GET BOOSTED NOW



COVID-19  
Vaccination Centre

## Richmond walk-in COVID-19 vaccination clinics

Ages 12+, 1st, 2nd & booster doses

**Teddington Health and Social Care Centre,**

**Tuesday 22, Wednesday 23 February and Saturday 26 February**

**West Middlesex University Hospital Vaccination hub,**

**Monday 21 - Sunday 27 February**

**For times & full details visit [swlondonccg.nhs.uk/covid-walk-in-clinics](https://swlondonccg.nhs.uk/covid-walk-in-clinics)**

**No appointment needed or book at [nhs.uk](https://nhs.uk)**

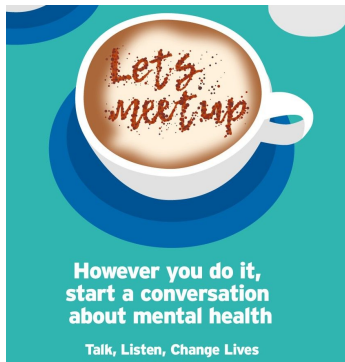


# **NEW MESSAGES: Helping people stay healthy while we have COVID-19 in the borough**

We will share details and one to two new messages about opportunities in Kingston for residents to keep themselves as healthy as possible.

**Please share with your networks!**

# Helping residents to better health: Mental Wellbeing



## Call to action: help your communities, volunteers, clients or service users find out about mental health and emotional wellbeing support

- You don't have to be an expert to talk about mental health. Just making time to ask a friend how they are feeling - and **really listening** to the answer, not trying to fix the situation - can make the difference
- Our local Connected Kingston website has a section on '**Staying Mentally Well**' with useful tips on coping with anxiety and looking after yourself. See <https://bit.ly/3LjhW4p>
- The NHS can also help you get your feet back on the ground if you are feeling low and depressed. Support is offered in a range of ways including self help workbooks with therapist support over the phone, one-to-one or in groups. You can refer yourself or your GP can refer you.
- Go to [www.nhs.uk/help](https://www.nhs.uk/help) to find out more about talking therapies.

# Helping residents to better health: Stopping Smoking



**Call to action:** Encourage those people who smoke within your communities, volunteers, clients or service user groups to get help to stop

- Stopping smoking is one of the best things you can do for your health - **it is never too late to give up.**
- Quitting gives your lungs the chance to repair, and you will breathe more easily. Your blood will pump much better to your heart and muscles.
- Ask yourself about **your biggest reason for quitting** - is it for your health? Or so you have more energy? Do you want to save money?
- You are **4 times more likely to stop** with professional help. Kingston's Kick-It Stop Smoking Service offers up to 6 weeks of FREE specialist support, both face to face and online, including guidance on medications

<https://kick-it.org.uk/>

Email: [hello@kick-it.org.uk](mailto:hello@kick-it.org.uk)

Tel: 020 3434 2500.

**Any questions?**

**Are there any topics in particular you would like to be covered in future sessions? Please put your answers in the chat function.**

If you have any suggestions you can also email

[anna.searight@kingston.gov.uk](mailto:anna.searight@kingston.gov.uk)

Thank you.

Together we can help Keep Kingston Safe



**Let's keep life moving.**



FRESH AIR



TESTING



FACE COVERINGS



APP



HANDWASHING

[gov.uk/coronavirus](https://gov.uk/coronavirus)