

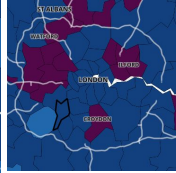
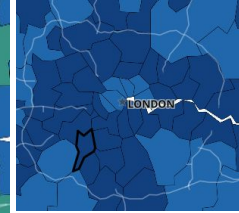
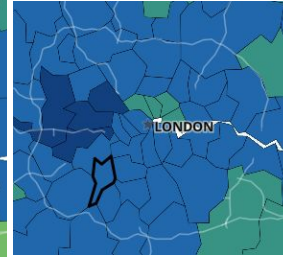
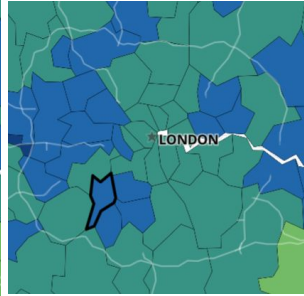
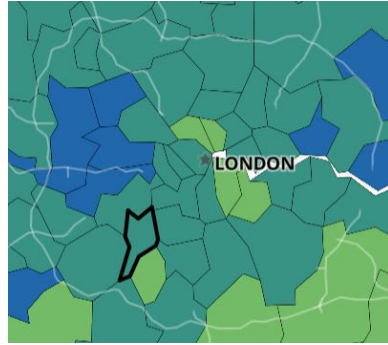
Keeping Up with the Data, Key Messages and Community Feedback SESSION 10

01/03/2021

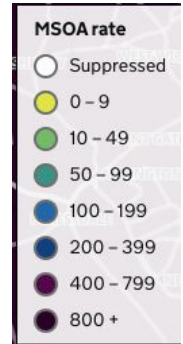
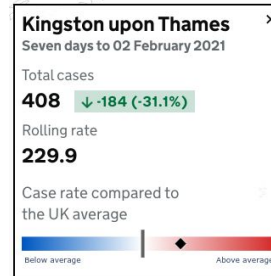
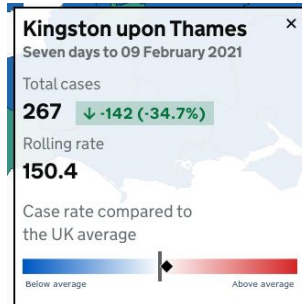
Welcome: Session 10

- 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 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 are asking for your feedback and suggestions on questions about how we can best give messaging to residents.
 - Towards the end of the presentation, **please go to slido.com and type #A417**

What is the trend in Kingston for COVID-19?

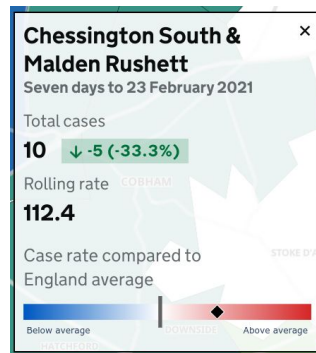
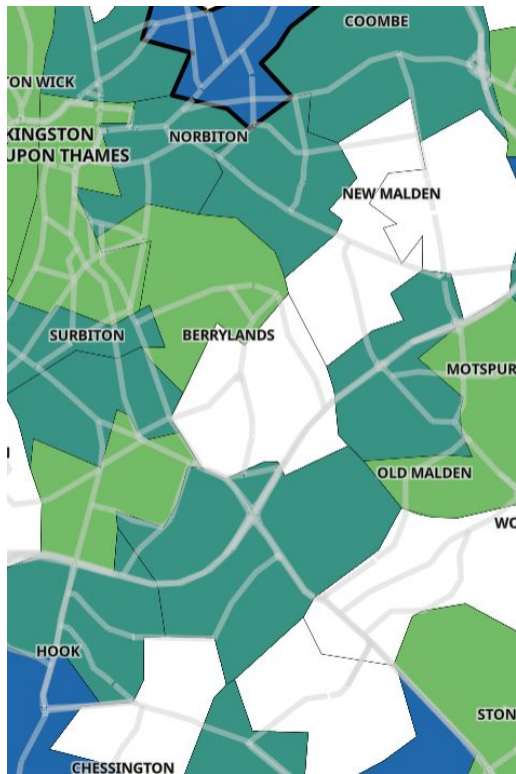


Last week



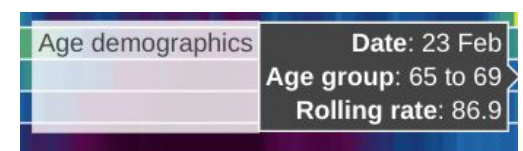
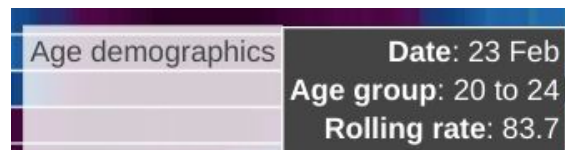
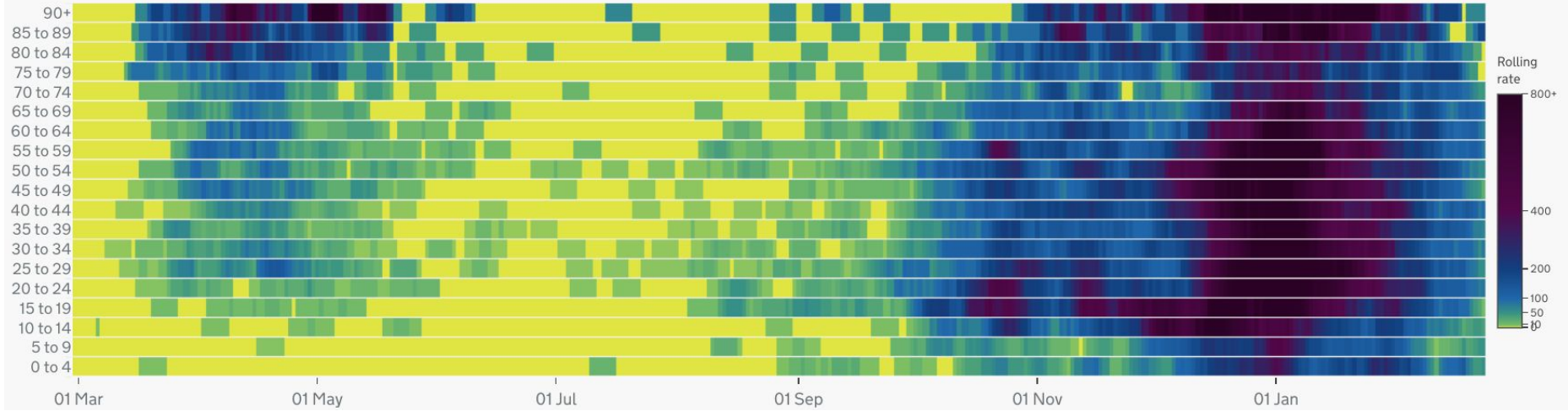
You can check the latest data here: <https://data.kingston.gov.uk/home/coronavirus-dashboard/>

Kingston Hot Spots



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

Case rates by age group, Kingston, 01 March 2021



NEW Schools Rapid Testing: Primary & Secondary

SECONDARY Pupils:

- NEW starting March 2021 as part of schools reopening: 3 Rapid tests at school (3 to 5 days apart) and then start twice weekly home testing
- Children should return to face to face education following first negative test
- Testing voluntary

SECONDARY Staff:

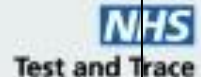
- Twice weekly home testing



PRIMARY Staff: twice weekly home tests

Primary Pupils:

- no testing



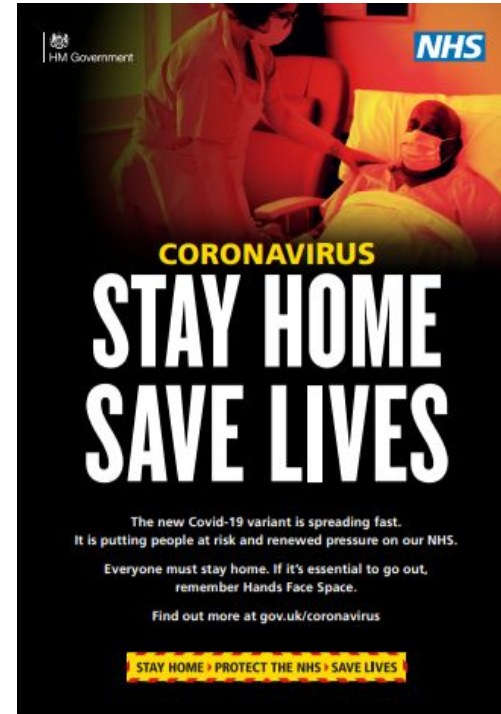
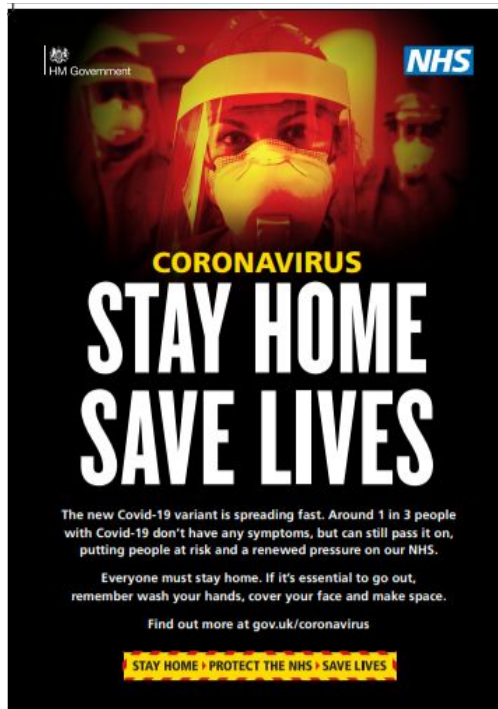
Back to school: Please share these key messages with parents

- Please take part in school rapid testing
- Use walking or cycling to school where possible
- Follow stay safe measures out of school: keep social distancing (2 metres), wearing face coverings in shops, travel
- Symptoms? Isolate, get tested and report cases fast: If a child or anyone in a household has COVID-19 symptoms - EVERYONE in household to stay home and person with symptoms to get tested. Let schools know immediately about a positive result.
- Ask parents to engage with the NHS Test and Trace and school contact tracing if contacted - we need to find all cases and contacts - support is available to people who must isolate

Key Message: Stay Home

Please **STAY HOME** and only go out if absolutely essential.

Help drive infection levels as low as possible and make our lockdown sacrifices count.



Key messages for everyone

- **STAY HOME:** Keep contact with others to an **ABSOLUTE MINIMUM**
- Government have announced gradual changes to rules over coming months - see updates at www.kingston.gov.uk/Covid19-latest
- **1 in 3** people with COVID have **NO symptoms** so we must all continue to follow the rules to stop the spread of the virus
- Symptoms? **SELF-ISOLATE** and **GET A TEST** - nhs.uk/coronavirus or 119



Key messages for people who CAN'T work from home

- Anyone who **CAN'T** work from home and has **NO** symptoms should have **REGULAR, RAPID coronavirus TESTS** - even if they've previously had Covid
- **TWICE WEEKLY** testing at one of our **4 LOCAL SITES** for people without symptoms can help you continue to work safely without putting others at risk
- Visit **kingston.gov.uk/rapid-testing** to book

Can't work from home? Get free regular COVID tests



www.kingston.gov.uk/rapid-testing



Key messages on Vaccine

Are YOU ready for your vaccination..?

- The coronavirus vaccines are safe and effective. They give you the best protection.
- Any side-effects are rare, and mild - similar to the seasonal flu jab



Vaccine - Who's Eligible Right Now?

- People aged 60 and over
- People at high risk from coronavirus (clinically extremely vulnerable)
- People at moderate risk from coronavirus (clinically vulnerable)
- People who live or work in care homes
- Health and social care workers
- Those on the NHS shielded patient list
- Those listed on the GP Learning Disability Register

You no longer need to wait to be contacted if:

- You are 60 or older
- You have received a letter saying you are at high risk from coronavirus (clinically extremely vulnerable)
- You are a frontline health and social care worker
- You receive Carer's Allowance

You can **book an appointment at a vaccination centre on the NHS website.**

Vaccine - Is booking complicated?

Some important changes to simplify the booking process now means:

- You no longer need to be registered with a GP in advance to book
- When booking online, there is a very simple GP registration process
- You do not need to know your NHS number to book
- If you can't book online, you can do so by phone on 119
- You can also book an appointment on behalf of others

Vaccines Myth-busting


Please use the following infographic to counter myths about the vaccines

- SAFE
- EFFECTIVE
- FREE OF CHARGE
- FREE OF ANIMAL PRODUCTS OR ALCOHOL
- SIDE-EFFECTS ARE MINOR - AKIN TO SEASONAL FLU JAB

Now available to share in *Easy Read* and a range of other languages


FACTS ABOUT THE VACCINE

1 IS IT SAFE?




Yes. As with any vaccine and medicine, the coronavirus vaccine has gone through all the usual rigorous tests that all vaccines go through to ensure they are completely safe.

2 ARE VACCINES IMPORTANT?




Yes. Vaccines save about 3 million lives worldwide every year. A coronavirus vaccine is our way out of the current crisis and restrictions.

3 DO I HAVE TO PAY?




No. The coronavirus vaccine is always available free of charge, and the NHS will never ask you to share bank details to confirm your identity.

4 DOES THE VACCINE CONTAIN ANYTHING OF ANIMAL ORIGIN?



No. You can see the ingredients of the coronavirus vaccines on the MHRA website. It does not contain any animal products, nor does it contain alcohol.

5 DOES IT HAVE SIDE EFFECTS?



Some people might feel slightly unwell afterwards, in the same way as after the annual flu jab, but no significant side effects have been observed in the tens of thousands of people involved in trials.

BE AWARE THAT ANTI-VACCINE STORIES ARE OFTEN SPREAD ONLINE THROUGH SOCIAL MEDIA. THESE STORIES MAY NOT BE BASED ON SCIENTIFIC EVIDENCE

Find out more about the vaccine at www.nhs.uk/covidvaccine

ALWAYS REMEMBER THE BASICS - HANDS, FACE, SPACE

- **Keep rooms well ventilated.**
The virus is spread through aerosol particles in the air, so opening windows regularly can cut the amount of virus present in the air in any room.
- **Even once you've had your coronavirus vaccination**, you must continue to follow all the guidance to control the virus and save lives.




We are asking for your feedback and suggestions on questions about how we can best give messaging to residents.

please go to slido.com and type #A417

You can also use the chat function if you are unable to use Slido

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1) What back to school messages do you think would be helpful for primary school parents? (and what is best way to reach them?)

 Start presenting to display the poll results on this slide.

Question 1 slide answers

make sure keep distance when leaving school as well as entering

We have a neighbours Whatsapp group - maybe through this and the neighbourhood groups?

Do not send your child to school with any symptoms. Report quickly and keep vigilant.

Best to reach through school communications - letters / newsletters

Email. Reassurance.

Reaching them: isn't this being by the schools?

Via school Facebook page

slido

2) What is the best way to reach secondary school students in Kingston with the key messages on staying safe?

 Start presenting to display the poll results on this slide.

Question 2 Slido answers

Role models their age

Social media , teacher, emails , google classroom

Outside the school gates.

On the buses and trains

TikTok

Social media. Insta. Tiktok etc

Again school responsibility

Social media

Social media

instagram

slido

3) How can we encourage children and young people to cycle and walk to school?

 Start presenting to display the poll results on this slide.

Question 3 slido answers

Improve safety, security

Information around transmission - and the reward of keeping schools open

Encouragement , send parents email, vouchers

Boris bikes outside school or a scheme like this?

Demonstrate the increased risks of travelling by vehicles. Schools to award points.

Primary schools could have a reward scheme

Vouchers. Prizes for students. Rewards

Operate a rewards system or acknowledgement

Encourage walking buses and safety in walking to and from school.

Primary age - schemes with stickers etc work well

Safer cycle ways

If you have any suggestions you can also email

nighat.taimuri@kingston.gov.uk

Thank you.

Together we can help **Keep Kingston Safe**

