



Test and Trace Information Session

- **Welcome!**
- **Housekeeping**



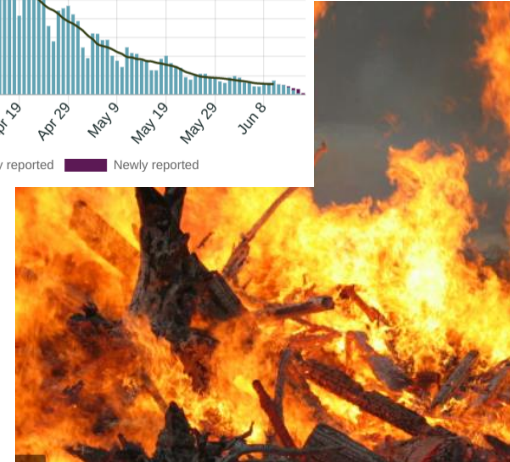
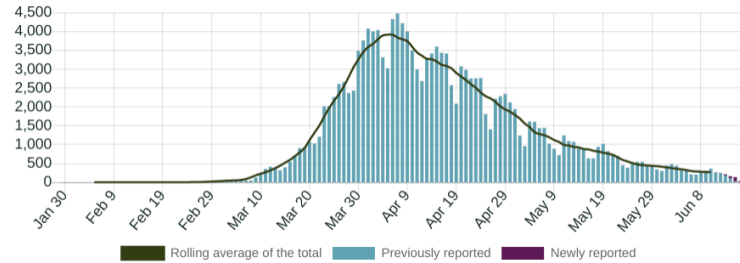
Outline of today's session

- Welcome by Iona
- Introduction to Keep Kingston Safe programme (Test & Trace)
- Support to individuals self-isolating
- Communication/engagement tools
- Community Development Team role
- Kingston Voluntary Action role
- Q&A
- Next steps

Introduction to Keeping Kingston Safe: 4 key areas

- **supporting the national search for existing cases** - we need to ask ALL of our residents with symptoms to get tested - and make it easy for them to know how and where they can get tested
- **Supporting cases and contacts that need to self isolate** - we must help our residents doing their civic duty by making sure that they are not penalised when they self-isolate
- **Preparing 'outbreak management plans'** - to develop and have agreed plans in place with partners
- **Supporting the implementation of outbreak management plans** if outbreaks (local cases in situations such as schools or care homes, particular locations or similar) occur - having an agreed way to quickly commit people/ resource/ other to help shut down any local outbreaks

Daily number of lab-confirmed cases in England by specimen date



Why is Test and Trace very important now?

Lockdown reduced the numbers of people with COVID-19 to much lower levels because the disease could not spread easily

We can't stay in lockdown - so we need to find the last few cases and their contacts, make sure that they self isolate

In Kingston - we have very few people with COVID-19 now - but we think that there may be more - and it could easily spread to many

We must find the disease and people who have been in contact with the disease and they need to self isolate

If we don't find disease and it spreads again, we might have to have another lockdown

If we find all cases and their contacts and they self isolate, we can stop the disease spreading



COVID-19 (Coronavirus) - a dangerous disease that we have to stop spreading

Easy to spread - mainly through air (mainly droplets) and through surfaces where droplets have landed

Dangerous disease - for every 20 people, 4 need to go hospital and around 1 needs intensive care

Infectious before symptoms show

Some people have disease but don't show symptoms

We can stop spread: social distancing and washing hands

AND

testing and tracing and isolating



Testing: Who should get tested and when?

Everyone who has these symptoms should stay at home and also get tested:

a high temperature,

a new, continuous cough,

or a loss or change to your sense of smell or taste

When to get tested? **DO NOT WAIT** Apply for the test as soon as someone has symptoms

All about testing: if someone has symptoms - book a test as soon as possible

Tests are free

How to book a test?

- Online: <https://www.nhs.uk/ask-for-a-coronavirus-test>
- By phone: 119

Where do you have a test?

- At home (home testing kit)
- By driving to a test centre (you must book before)

The NHS 'test and trace' programme: contacts

If someone who has a test, gets a 'positive' (confirmed COVID-19 result), they **MUST** keep self isolating AND they will be asked by NHS Test and Trace about people they have been in **contact** with

The NHS Test and Trace will call, text or email the contacts and tell them to self isolate for 14 days (*Text messages will come from NHStracing. Calls will come from 0300 0135000*)

Contacts must NOT leave their home or have any visitors (except for essential care). Help is available.

If the contact gets symptoms, they should get tested and everyone in the household or 'support bubble' must also self isolate

We need your help to Keep Kingston Safe

We need you to help us to:

Tell people about:

- the symptoms to look out for AND
- That people with symptoms **MUST** self isolate AND
- How to get a test
- And to let people know that support is there for them if they need to self isolate



Kingston Stronger Together

A partnership between Kingston Council, Volunteering Kingston
and Kingston Voluntary Action



- Most people that are unable to leave their home because of COVID-19 can manage this through their own resilience and with the support of family, friends and trusted neighbours.
- For those who need additional support the Kingston Stronger Together Support Hub offers:
 - Information on COVID-19 and staying healthy
 - Help to get essential supplies delivered
 - Emotional and social support
 - Referral onto formal health and care services
- To access the Hub services people can complete the form at https://www.kingston.gov.uk/COVID-19_NeedHelp.
 - You can complete the form for yourself or someone you are caring for.
 - If you do not have online access you can phone 020 8547 5000.
 - Most requests for help are managed from Monday to Friday, but we do respond to urgent requests over the weekend when necessary.



Keep Kingston Safe

Communications and engagement

- Communications and engagement are a key part of how we stop the spread of Covid-19.
- To keep Kingston Safe, we need to make sure everyone knows the symptoms of Covid-19, and what to do if they have any of them.
- You can help to get these life saving public health messages about symptoms and testing out to the communities you work with.
- You have a unique relationship with your communities - they trust you and listen to what you say.



Keep Kingston Safe

Communications and engagement

- We have a range of tools to support you to communicate and engage with your communities
 - Audio recordings by local doctors in English and a range of community languages
 - FAQs about the NHS test and trace system in English and community languages
 - Digital posters and social media graphics
 - Printed posters
- We will share toolkit of information and materials after this session.



Community Development Team/RBK: role

- **Support with any challenges and concerns - for example**
 - identify further support needs for your users who face a range of communication issues
 - any individuals without phone/digital access who cannot arrange tests and participate in contact tracing
- **Any requests for themed events/further information sessions for volunteers, for example (in partnership with KVA)**
- **Developing a bank of resources to share via KVA and our website**
- **Point of contact for further support/information**
 - Nighat Taimuri - Community Development & Integration Lead
 - Taseen Khanam - Funding & Projects Officer
 - Email: communitydevelopment@kingston.gov.uk

Kingston Voluntary Action: role



Working in partnership with RBK

- Organise and facilitate general information sessions
- Themed online support sessions
- Regular messages in KVA e-bulletins
- Updates on KVA websites with latest Test and Trace messaging and tools
- Provide feedback on any issues on Test and Trace
- Please contact Gurpreet at gurpreet.keila@kva.org.uk



Questions?



Next steps

- Share toolkit of information with you shortly
- Please get in touch with the Community Development Team to raise any further questions/issues
- Check KVA website for information
- Complete the evaluation form from KVA
- Produce FAQs from questions presented today
- We will be in touch with you

Thank you for your time!