



# **Test and Trace and Vaccination Information Session**

**27th January 2021**

**1pm**

**in partnership with Kingston Voluntary Action**

## **Outline of today's session - 27th January 2021**

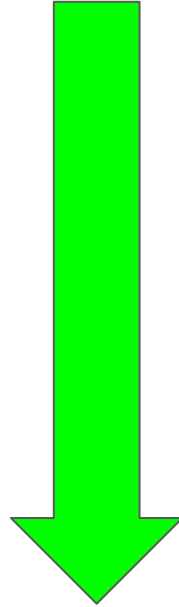
- **Welcome: Kingston Voluntary Action and Iona Lidington, Director of Public Health, RB Kingston**
- **Background and Context**
- **COVID-19 and introduction to Keep Kingston safe**
- **Outbreak plans**
- **Key Messages on Staying Safe**
- **Testing programme update (for people with symptoms and people without symptoms)**
- **What is the NHS Test and Trace service**
  - **Part A: For someone with symptoms of coronavirus**
  - **Part B: If you are contacted by the NHS Test and Trace service because you have been in close contact with someone who has tested positive**
  - **Contact Tracing in Kingston - how it works**
- **Vaccination rollout in Kingston**
- **Key messages on Test and Trace and Vaccination (Cara)**
- **Question & Answer session with a GP**

# Welcome and thank you for your support

- Thank you for joining today
- Our partnership is key for us to reach all residents in Kingston to help Keep Kingston Safe
- Please also let us know if you have any suggestions to reduce COVID-19 in Kingston
- We invite you to join our regular ongoing weekly 'Keeping up with the Data and Key Messages' sessions
- **Thank you for your ongoing support**



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

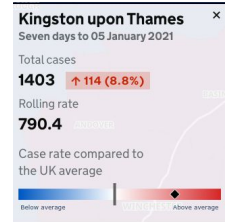


Trend is decreasing but case numbers are very high

Last week



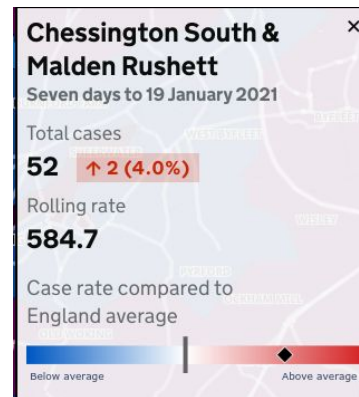
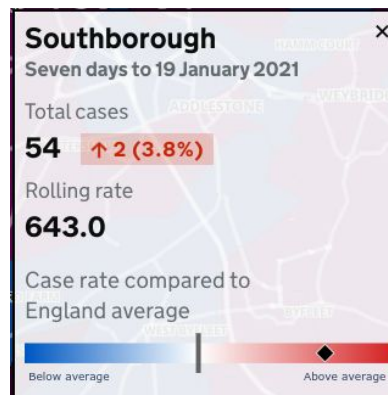
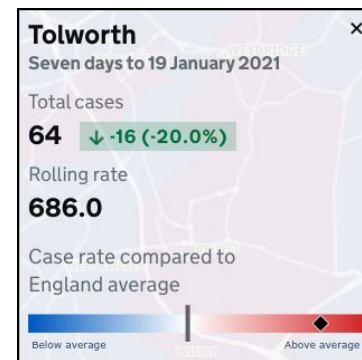
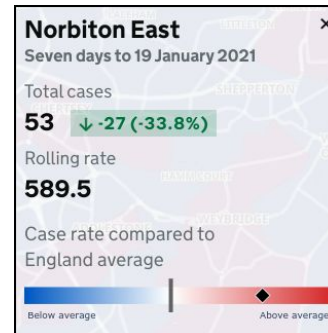
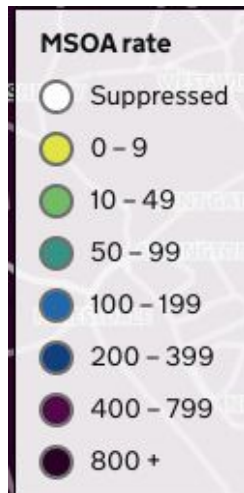
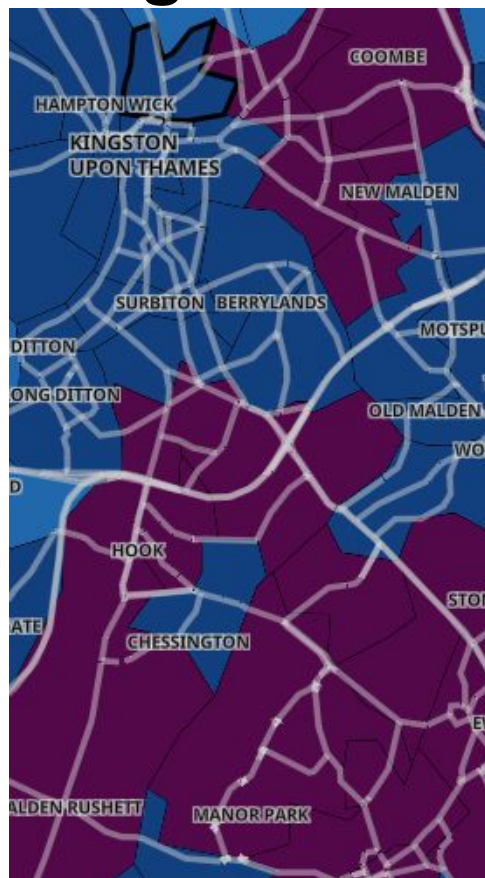
2 weeks ago



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>

# High pressure on the NHS

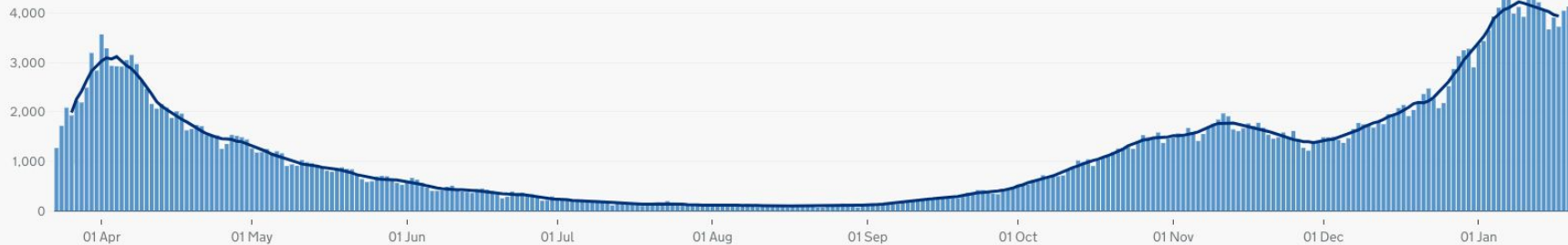
## Daily Hospital Admissions (national)

17 Jan

■ United Kingdom Patients admitted to hospital : 3,718

— United Kingdom Patients admitted to hospital (7-day average) : 3,933

Daily Cumulative Data About

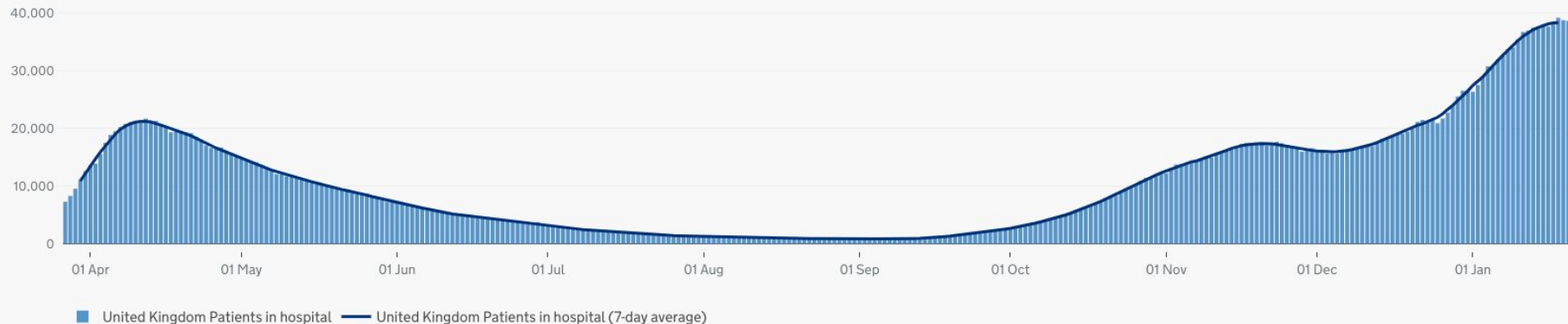


# More patients in hospital (UK) with COVID-19 now, January 2021 than last April 2020

10 Apr  
■ United Kingdom Patients in hospital : 21,277  
— United Kingdom Patients in hospital (7-day average) : 21,069.4

18 Jan  
■ United Kingdom Patients in hospital : 39,159  
— United Kingdom Patients in hospital (7-day average) : 38,311

Daily Data About



Hospitals still severely impacted

To see latest data go to: <https://coronavirus.data.gov.uk/details/healthcare>

# Patients in Hospital with 'mechanical ventilation'

12 Apr

United Kingdom Patients in MV beds : 3,301

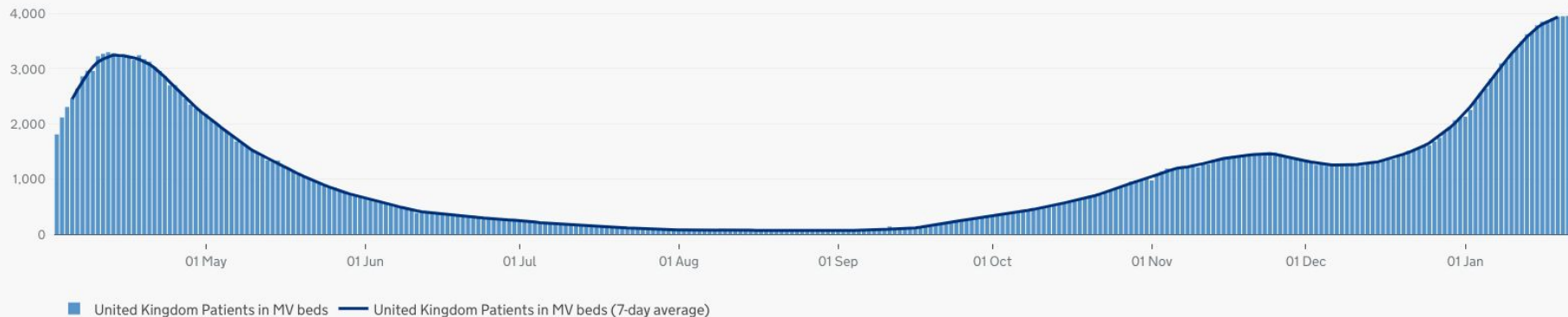
United Kingdom Patients in MV beds (7-day average) : 3,215

19 Jan

United Kingdom Patients in MV beds : 3,947

United Kingdom Patients in MV beds (7-day average) : 3,939.6

Daily Data About



Intensive care still severely impacted



# Keep Kingston Safe Local Outbreak Control PPlan V4

## 6 key areas of work:

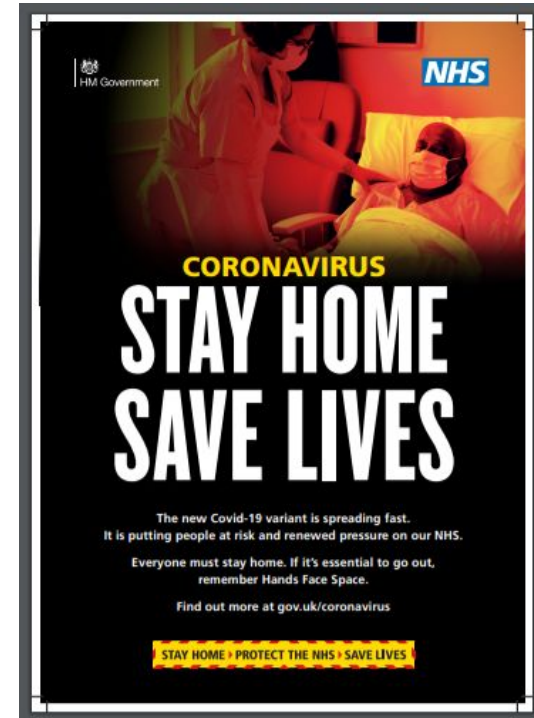
1. ***supporting the national search for existing cases*** - we need to ask ALL of our residents with symptoms to get tested - and make it easy for them to know how and where they can get tested
2. ***Supporting cases and contacts that need to self isolate*** - we must help our residents doing their civic duty by making sure that they are not penalised when they self-isolate
3. ***Preparing 'outbreak management plans'***
4. ***Supporting the implementation of outbreak management plans***
5. ***Communicating with residents and partners about key messages on how to avoid disease spread***
6. ***Supporting the roll out of approved vaccines***



See: <https://www.kingston.gov.uk/covid19-KLOCP>

# Key Message on Staying Safe: Stay Home

Cases of infections may be levelling off or falling slightly in some places but Kingston Hospital is still under immense pressure from COVID hospitalisations.



# Key messages for you to share with your organisation members and others

**IT'S TIME TO ACT AS THOUGH YOU HAVE COVID.**

- **STAY HOME:** Keep contact with others to an ABSOLUTE MINIMUM
- **Asymptomatic cases are very high**
- **1 in 3 people with COVID have NO SYMPTOMS**
- **Symptoms? SELF-ISOLATE and GET A TEST**

**GET READY FOR YOUR VACCINATION.**

## ALWAYS REMEMBER THE BASICS

It is **everyone's personal responsibility** to follow these basic rules - because if we don't **all** do this the virus will continue to spread from one person to the next.

- **HANDS** - wash your hands regularly with soap for at least 20 seconds
- **FACE** - wear a face covering in indoor settings where social distancing is difficult
- **SPACE** - if you have to leave your home stay **2 metres apart\*** from people you do not live with where possible

**KEEP KINGSTON SAFE**

**THE ROYAL BOROUGH OF KINGSTON UPON THAMES**

**NHS**  
Test and Trace

**COVID SYMPTOMS? GET TESTED NOW.**

**nhs/coronavirus OR CALL 119**

Protect your friends and family

# Testing in Kingston for people with symptoms of COVID-19

**We have worked hard to increase testing opportunities:**

- Millner Rd Walk in Site
- Cocks Crescent Walk in site (New Malden)
- Cattle Market (2 days/week)
- Home Test Kit
- One additional site to be set up

## What's the Action?

- **STAY HOME**
- Symptoms? Self-isolate for 10 DAYS
- Book a test online or call 119, or order a home test kit

## Symptoms Reminder:

- A high temperature
- A new, continuous cough
- Loss or change to sense of smell or taste



# NEW: FREE Rapid Testing (LTF) for people with no symptoms

- FREE testing for **people with no symptoms** ('asymptomatic' testing)
- Test does not require external laboratory - get results on site within 30 mins
- Quite accurate at picking up positive cases (about 70% if done properly)
- If a positive case detected, very likely to be true positive (about 99%)
- If someone tests positive with LFT, must isolate (with household) and can get support (requirement to do confirmatory PCR test likely to be dropped very soon - and a positive LFT test will alert NHS Test and Trace for contact tracing)
- Key part of new national strategy to **'break chains of transmission'** by finding hidden cases (people with no symptoms) where people are unknowingly spreading disease to others
- About 1 in three cases of COVID-19 have no symptoms
- Ideally test people twice a week on a routine basis
- Can also be useful in a workplace that has had an outbreak - can look for hidden circulation of disease
- Our new asymptomatic LFT testing programme is in addition to the NHS Test and Trace testing for people with symptoms

# Key Message: Encourage frontline staff and people in your neighbourhood or organisation who must work outside the home to get their FREE twice-weekly rapid test (LFT testing)

- Who for: FREE rapid testing for **frontline staff** and **anybody who must work outside the home** and have **no symptoms**
- Where: Available through four community hubs within the borough (Kingston University, Chessington Sports Centre, The Kingston Academy School and Richard Challoner School) with some sites offering early morning, evening and weekend sessions
- **ACTION: Encourage eligible ward residents with no symptoms to book their rapid tests:** Rapid test booking and consent form or go to the RBK website and access the booking form: <https://www.kingston.gov.uk/testandtrace>

The screenshot shows the 'Testing and contact tracing' page on the Kingston Council website. The page has a green header with navigation links: Home, COVID-19 Kingston, and Testing and contact tracing. The main heading is 'Testing and contact tracing'. Below this, there is a section 'In this section' with two numbered links: '1. Testing and contact tracing' and '2. Testing for people without symptoms'. The 'Testing for people without symptoms' section is highlighted. It contains text explaining that people across Kingston who cannot work from home and are showing no symptoms of COVID-19 are being offered access to new regular, rapid testing to check whether they unknowingly have the virus. It also mentions that one in three people who have coronavirus don't have symptoms, yet they are still infectious and can pass the virus on to others without realising. Further down, it states that these tests are available to all workers who cannot work from home, regular twice-weekly testing - ideally 3-4 days apart and no more than 7 days apart - will help ensure people who cannot do their jobs from home can continue to work safely without putting others at risk. It also provides a link to book a test if eligible. At the bottom, there is a section 'Our asymptomatic testing sites' listing four locations: The Kingston Academy, Richard Challoner School, Kingston University, Penryn Road Campus, and Chessington Sports Centre at Chessington School. A footer note says 'You can find local asymptomatic testing sites, and see which sites are busy.'

Home | COVID-19 Kingston | Testing and contact tracing

## Testing and contact tracing

**In this section**

1. Testing and contact tracing
2. Testing for people without symptoms

### Testing for people without symptoms

People across Kingston who **cannot work from home** and are showing **no symptoms** of COVID-19 (coronavirus) are being offered access to new regular, rapid testing to check whether they unknowingly have the virus.

One in three people who have coronavirus don't have symptoms, yet they are still infectious and can pass the virus on to others without realising.

These tests are available to all workers who cannot work from home. Regular twice-weekly testing - ideally 3-4 days apart and no more than 7 days apart - will help ensure people who cannot do their jobs from home can continue to work safely without putting others at risk.

If you are eligible for rapid testing, and have no coronavirus symptoms, [you can book here](#).

If you have any coronavirus symptoms (a high temperature, a new, continuous cough, loss or change in your sense of taste or smell), you should self-isolate and book a test through the national coronavirus test-booking system. You can do this by visiting [www.nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) or calling 119.

#### Our asymptomatic testing sites

Across the borough we have four main testing sites for people **without** symptoms of COVID-19 (asymptomatic test sites). These are:

- The Kingston Academy
- Richard Challoner School
- Kingston University, Penryn Road Campus
- Chessington Sports Centre at Chessington School

You can find local asymptomatic testing sites, and see which sites are busy.

# SUPPORT IS AVAILABLE IF YOU HAVE TO SELF ISOLATE OR ARE SHIELDING

## Kingston Stronger Together Community Response Hub

- Help you access food and essentials
- Help you get shopping and medicine deliveries
- Our befriending service can help you to keep connected
- Refer you for advice or support if you are on a low income



[kingston.gov.uk/Covid19-needhelp](https://kingston.gov.uk/Covid19-needhelp) or call 020 8547 5000.

## Government support if you need to self isolate

If you have to self-isolate, you could be eligible for a one-off £500 payment if you are on a low income. To check eligibility visit [gov.uk/coronavirus](https://gov.uk/coronavirus).

For more information visit [kingston.gov.uk/self-isolation-payment](https://kingston.gov.uk/self-isolation-payment).



# How NHS Test and Trace works

- ensures that **anyone who develops symptoms of coronavirus (COVID-19) can quickly be tested** to find out if they have the virus, and also includes targeted asymptomatic testing of NHS and social care staff and care home residents and anyone working outside the home
- helps **trace close recent contacts of anyone who tests positive for coronavirus** and, if necessary, **notifies them that they must self-isolate at home to help stop the spread of the virus**

We can provide targeted and detailed training on NHS Test and Trace and detailed steps in ringing the 119 number. Please email [nighat.taimuri@kingston.gov.uk](mailto:nighat.taimuri@kingston.gov.uk)

# Quick Shortcuts to Options

**Ringling 119 number**

**Shortcuts - to go directly to your chosen option**

<p><b>For Language support</b></p> <p>Press 1 for England <b>Press 2 for language support</b></p> <p><a href="#">Script 2</a></p>	<p><b>Home Test Kits</b></p> <p>Press 1 for England Press 1 English Press 2 Continue Press 1 <b>Press 2 Home Test Kits</b></p> <p><a href="#">Script 4</a></p>	<p><b>Booking a test for employees</b></p> <p>Press 1 for England Press 1 English Press 2 Continue Press 2 <b>Press 1 for employers to book test for employees</b></p> <p><a href="#">Script 6</a></p>
<p><b>Drive through Testing</b></p> <p>Press 1 for England Press 1 English Press 2 Continue Press 1 <b>Press 1 Drive through option</b></p> <p><a href="#">Script 3</a></p>	<p><b>Calling from a Care Facility</b></p> <p>Press 1 for England Press 1 English Press 2 Continue Press 1 <b>Press 3 Care facility option</b></p> <p><a href="#">Script 5</a></p>	<p><b>Calling about getting help to book a test online</b></p> <p>Press 1 for England Press 1 English Press 2 Continue <b>Press 2 Helping booking a test online Press 2</b></p> <p><a href="#">Script 7</a></p>

# Booking Test Online Guidance

## Questions asked when [booking online test](#):

1. Name
2. Mobile number
3. Email address
4. Reason for being tested
  - a. List of options
5. Current coronavirus symptoms
6. Date when symptoms started
7. Postcode
8. Access to a car

**!Only continue if you have coronavirus symptoms or have been asked to get tested. Ordering unnecessary tests is wasting NHS resources.**

## Check your answers

Name	Taseen Khanam	<a href="#">Change</a>
Mobile number	+447732802171	<a href="#">Change</a>
Email address	taseen.khanam@kingston.gov.uk	<a href="#">Change</a>
Reason for being tested	I have coronavirus symptoms (I'm not an essential worker)	<a href="#">Change</a>
Current coronavirus symptoms	Yes	<a href="#">Change</a>
Date when symptoms started	10 September 2020	<a href="#">Change</a>
Postcode	KT1 1EU	<a href="#">Change</a>
Access to a car	Yes	<a href="#">Change</a>

**!** Only continue if you have coronavirus symptoms or have been asked to get tested. Ordering unnecessary tests is wasting NHS resources.

Save and continue

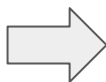
# NHS Test and Trace - How it works (PART A - Summary version)

For someone with symptoms of coronavirus

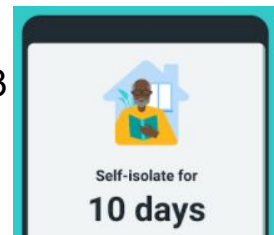
1



2



3



**ISOLATE:** as soon as you experience coronavirus symptoms. Isolate for 10 days.

**TEST:** [get a free NHS test online immediately to check if you have coronavirus](#) or call 119 if you have no internet access.

**POSITIVE TEST:** If your test is positive, you must complete the remainder of your 10 day isolation.

4



Anyone in your **HOUSEHOLD** must also complete **self-isolation for 10 days** from when you started having symptoms.

5



6

## NEGATIVE RESULT

### NEGATIVE

- You can stop self-isolating if you are feeling well and do not have symptoms anymore
- Other members of your household or who have close contact with you can also stop self-isolating

7



**SHARE CONTACTS (IF YOU TEST POSITIVE)**

A contact tracker will phone or text you.

You will be interviewed by a trained advisor about your recent whereabouts.

You will likely be asked to self-isolate immediately.

call you from **0300 013 5000**. Local contact tracers will contact you from a local council number. If you're unsure if this is genuine, please contact the council for advice

You can find comprehensive information [here](#)

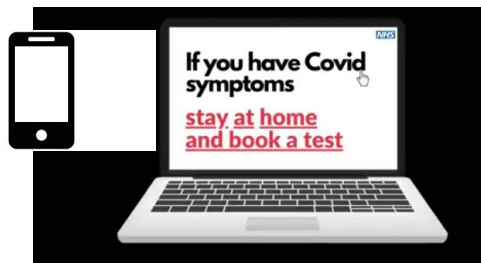
# Telling people about your test (result)

- **If you develop symptoms, you may wish to alert the people with whom you have had close contact over the last 48 hours.** You should tell them that you might have coronavirus but are waiting for a test result.
- **At this stage (until the test result is known), those people do not need to self-isolate,** but they should take extra care in practising [social distancing](#) and good hygiene, like washing their hands regularly.
- They should also watch out for their own [symptoms](#).
- You may want to write down your recent close contacts now so that you have them to hand if you test positive.

# How NHS Test and Trace works ( Part B summary version)

If you are contacted by NHS Test and Trace because you have been in close contact with someone who has tested positive for coronavirus -

1



**ALERT:** by NHS Test and Trace by text, email or phone call. Phone number 0300 013 5000.

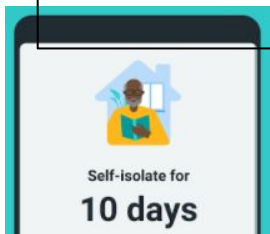
You should then log on to the [NHS Test and Trace website](https://www.nhs.uk/test-and-trace), which is normally the easiest way for you and the service to communicate with each other – but, **if not, a trained call handler will talk you through what you must do.**

2

**ISOLATE:** you will be told to begin self-isolation for 10 days from your last contact with the person who has tested positive.

It's really important to do this even if you don't feel unwell because you could still be infectious to others.

Your **household** doesn't need to self-isolate with you, if you do not have symptoms, but they must **take extra care to follow the guidance on social distancing and handwashing and avoid contact with you at home**



3

**TEST IF NEEDED:** if you develop symptoms of coronavirus, other members of your household must self-isolate immediately at home for 10 days and you must

**nhs.uk/coronavirus  
OR CALL 119**

If your test is **positive**, you must continue to stay at home for at least 10 days and we will get in touch to ask about your contacts since they must self-isolate.

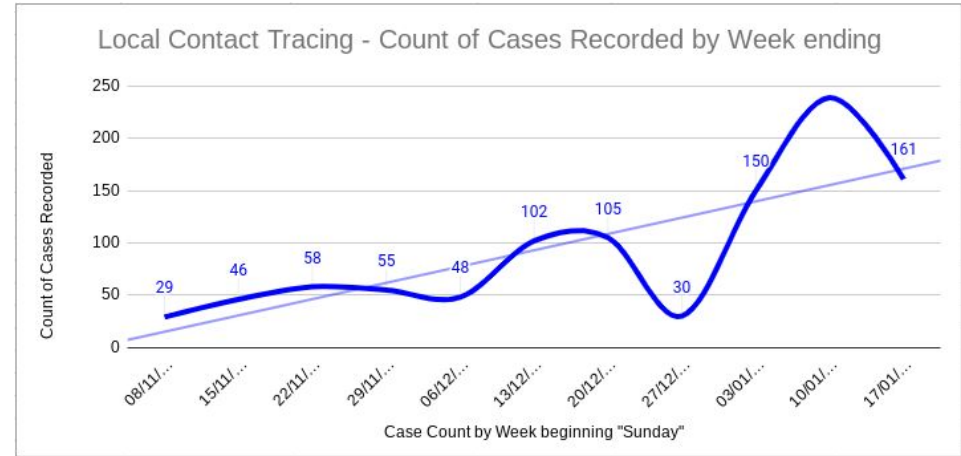
If your test is **negative**, you must still complete your 10-day self-isolation period because the virus may not be detectable yet – this is crucial to avoid unknowingly spreading the virus.

# Keep Kingston Safe: Local Contact Tracing to support NHS Test and Trace

- RBK Local Contact Tracing Team was set up to contact cases in Kingston that the national NHS Test and Trace team are unable to contact.
- Kingston team works in partnership with national NHS Test and Trace
- Kingston service went live 5th November 2020
- The service has attempted to contact 1084 residents so far, with 60% completion rate for contact tracing (655 residents who would otherwise have not been contactable have been successfully reached by our local team)
- Residents are initially attempted to be contacted by phone; if there is no response, we escalate to a home visit.

# Keep Kingston Safe: Local Contact Tracing to support NHS Test and Trace

Demand on the service increased dramatically after Christmas, in line with numbers of cases (see graph)



## Top reasons for not completing contact tracing:

1. Resident in hospital (10.5%)
2. No consent to complete contact tracing (10.3%) - **help us encourage people to share their details when asked by NHS Test and Trace national or local**
3. Unable to make contact (9.5%) **help us encourage people to answer the phone in the days following a positive test and agree to complete contact tracing**

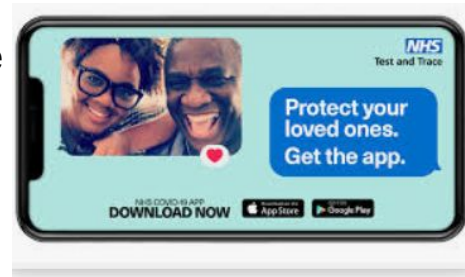


# The NHS COVID-19 app: a key part of helping NHS Test and Trace

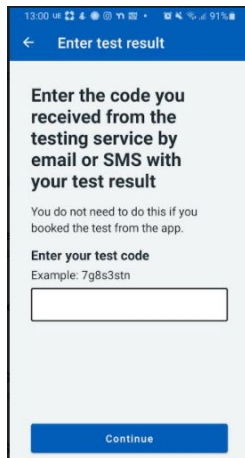
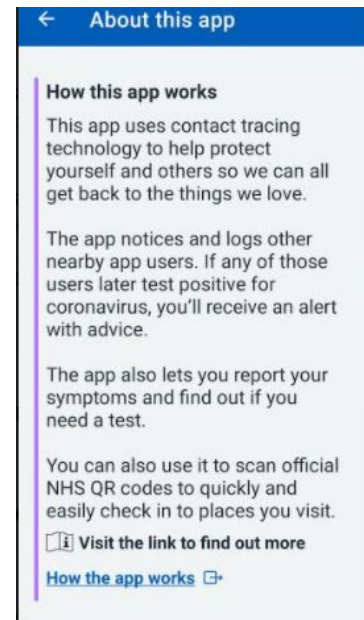
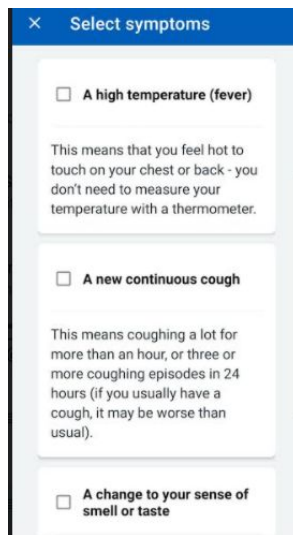
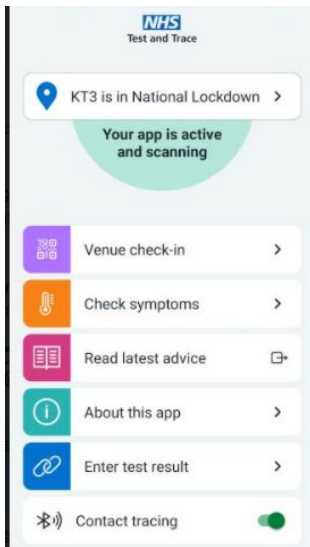
The [NHS COVID-19 app](#), available to download for free in England and Wales, **is the fastest way to see if you're at risk from coronavirus**. The faster you know, **the quicker you can alert and protect your loved ones and community**.

The app has a number of tools to protect you, including **contact tracing**, **local area alerts and venue check-in**. It uses proven technology from Apple and Google, designed to protect every user's privacy.

If you have the app, you may get 'pinged'- this means you have been close contact with someone who has been positive. Follow the instructions on the app about self isolating



## NHS COVID-19 app



### Good news!

Your self-isolation has now finished

**Your coronavirus test result is negative**

The test result shows that at the time of testing, you did not have the virus. If you do develop symptoms, report them on this app. If you are under 18, you are advised to show this message to a trusted adult.

# Keep Kingston Safe

## Communications and engagement

- We have a range of tools to support you to communicate and engage with your communities on our website
  - [www.kingston.gov.uk/covid19-KLOCP](http://www.kingston.gov.uk/covid19-KLOCP)
  - [www.kingston.gov.uk/covid19-accessible](http://www.kingston.gov.uk/covid19-accessible)
- **Keep Kingston Safe materials**
  - Translated video and audio recordings, FAQs about the NHS test and trace system in English and community languages
  - Digital posters and social media graphics & printed posters
- **Coronavirus Vaccine** webpage [www.kingston.gov.uk/vaccine](http://www.kingston.gov.uk/vaccine) and **vaccine toolkit**

# 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 book a test
- How to get a test
- And to let people know that support is there for them if they need to self isolate
- Help with the tracing service- reassure encourage people to share contacts

# Vaccination roll out in Kingston - latest update and your questions to Kingston GPs

# Key Messages on Vaccination

- The coronavirus (COVID-19) vaccine is **safe and effective**. It will give you the best protection against coronavirus.
- The vaccine is one part of our defence – we still need to continue with ‘**hands, face, space**’.
- The NHS will let you know when it is your turn to have the vaccine. It is important not to contact the NHS for a vaccination before then.



[kingston.gov.uk/vaccine](https://kingston.gov.uk/vaccine)

# Key Messages on Vaccination

## Are YOU ready for your vaccination..?

- Vaccine rollout is underway across our communities.
- Your GP will invite you for your appointment when it's your turn.
- Make sure you are registered with a GP surgery
- If in doubt, please check now.
- If you have a friend or family member that you think may not be registered, please check with them to make sure.





# 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

This will shortly be available to share in 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](https://www.nhs.uk/covidvaccine)



# Vaccination general updates

Aim is for all **priority groups** 1-4 to be offered first dose of vaccine by mid Feb – ‘PM’s pledge’

Latest information, [including FAQ](#) now live on [RBK Website](#)

- [www.kingston.gov.uk/vaccine](http://www.kingston.gov.uk/vaccine)

## Local sites:

- **Hawks Road** mass vaccination site - Opened on 25th
- Primary Care Network (PCN) sites in **New Malden, Kingston & Chessington**

Health and social care workforce [definitions in SOP](#) (pages 5&6)

The NHS will let you know when it is your turn to have the vaccine. It is important not to contact the NHS for a vaccination before then.

## Priority Groups

1. Residents in a care home for older adults & their carers
2. 80+ & frontline health & social care workers
3. 75+
4. 70+, Clinically Extremely Vulnerable (CEV)

Source: [Joint Committee on Vaccination & Immunisation \(JCVI\)](#)



## **Question and Answer Session**

**Dr Nick Merrifield - GP Partner and Trainer, Holmwood Corner Surgery, New Malden**

**Clinical Director, New Malden and Worcester Park PCN**

**Dr Atin Goel - Partner Roselawn Surgery**

**Clinical lead for cancer Kingston CCG**