

COVID-19 update for Community Champions

Friday 3rd December 2021



Face coverings

By covering your nose and mouth with a face covering, you'll reduce the spread of droplets and aerosols carrying the virus when you talk and breathe, helping to protect others.

You must wear a face covering inside shops and other indoor places and on public transport unless you are exempt.

People can be exempt due to health conditions which include hidden conditions such as anxiety or panic disorders, autism, breathing difficulties, dementia, reduced vision or if you are with someone who relies on lip reading to communicate. If you wish to use an exemption card or badge, you can download a template

How you can help

- Post a link to the face coverings guidance to your networks.
- Download similar assets from the Coronavirus resource centre to help with COVID-19 messages.



Safer Behaviours

The best way to protect yourself and others from COVID-19 is to get fully vaccinated.

People that are fully vaccinated should continue to follow behaviours and actions set out in the guidance on how to help limit the spread of COVID-19.

To help combat COVID-19 you should follow safer behaviours and actions that include:

- Use face coverings in crowded indoor places
- Wash your hands regularly
- Test regularly
- Stay at home when you feel unwell
- Use the COVID-19 NHS App

Simple and straightforward behaviours such as letting in fresh air, for 10 minutes regularly, whilst indoors can help save lives.

By following these behaviours or actions you are helping to protect yourself and others from COVID-19.

How you can help

- Download assets from the [Coronavirus resource centre](#) to help with COVID-19 messages.
- Post information and [assets in community languages](#) to your networks and in your newsletters.



Booster

Following the emergence of the Omicron variant the Joint Committee on Vaccination and Immunisation (JCVI) [has urgently reviewed vaccine response measures.](#)

The JCVI previously advised that those aged over 40 years and those at higher risk from COVID-19 should be offered a booster. This new advice means those aged 18 to 39 will also be eligible for a booster when the NHS calls them forward.

The booster will be offered in order of descending age groups, with priority given to the vaccination of older adults and those in a COVID-19 at-risk group. In response to the changing risk posed by the Omicron variant, the booster will now be given no sooner than 3 months after the primary course.

In addition, a second dose of the Pfizer-BioNTech COVID-19 vaccine for young people aged 12 to 15 years is advised no sooner than 12 weeks after the first dose.

The overall intention of the measures advised above is to accelerate the deployment of COVID-19 vaccines and raise levels of protection across the population.



The poster features a blue background with white snowflake patterns. In the top left corner is the HM Government logo, and in the top right is the NHS logo. The main headline reads 'It's not too late to boost your immunity.' Below this, the text says 'Book your free flu or COVID-19 vaccine on 2 December so you have maximum protection when you're with your loved ones this festive season.' At the bottom, it says 'Check your eligibility and find out how to book at nhs.uk/wintervaccinations' and a large yellow and blue button with the text 'BOOST DAY'.

HM Government

NHS

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Book your free flu or COVID-19 vaccine on 2 December so you have maximum protection when you're with your loved ones this festive season.

Check your eligibility and find out how to book at nhs.uk/wintervaccinations

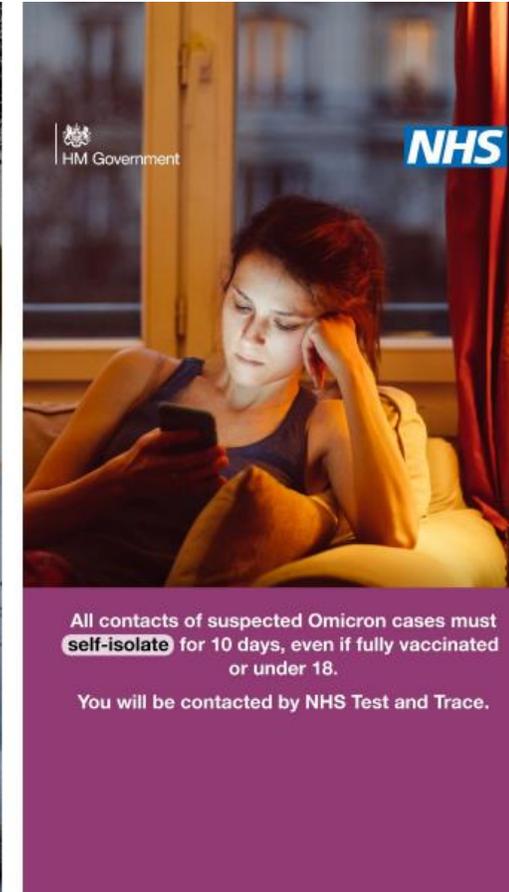
BOOST DAY

Social Media Assets

You can find a whole range of assets online to help communicate advice about the vaccine, testing and safer behaviours on the coronavirus resource centre.

How you can help

- Download assets from the [Coronavirus resource centre](#) to help with COVID-19 messages.
- Post information and [assets in community languages](#) to your networks and in your newsletters.



Boost your immunity with two essential vaccines this winter

There are two essential vaccines that you may need this winter - flu and COVID-19 booster.

Vaccines are the best way to protect yourself, friends and family from these dangerous viruses.

Find out if you're eligible now at nhs.uk/wintervaccinations

Urgent care? Think NHS 111 first

If you need medical help fast or think you need to go to A&E, are worried about your symptoms or you're not sure what to do, go straight to NHS 111 online 111.nhs.uk or call.

Stay well this winter

Winter conditions can be bad for our health, especially for people aged 65 or older, and people with long-term conditions. But there are lots of things you can do to stay well this winter:

- Boost your immunity with two essential vaccines this winter - COVID-19 booster and flu.
- If you need medical help fast or think you need to go to A&E, are worried about your symptoms or you're not sure what to do, go straight to NHS 111 online 111.nhs.uk or call.
- Ask your pharmacist what medicines should be in your cabinet to help get you and your family through the winter season
- Make sure you get your prescription medicines before your pharmacy or GP practice closes for the festive period.
- Look out for other people who may need a bit of extra help over the winter.

Remember, if you're worried about your health, don't delay, your NHS wants to see you.

Useful Links

Book a vaccination appointment - <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/>

COVID-19 guidance on how to stay safe and prevent the spread: <https://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do>

COVID-19 information in community languages and alternative formats (public facing): <https://www.walsallforall.co.uk/post/covid-19-translatedguidance>

COVID-19 resources for groups: <https://www.walsallforall.co.uk/covid-19-resources>

NHS Black Country and West Birmingham CCG: <https://www.blackcountryandwestbirmccg.nhs.uk/your-health-services/health-advice/covid-19-vaccination>

Walsall Council COVID-19 information: http://go.walsall.gov.uk/covid-19_information