

Sent via email on 26 September 2020

Hello,

We are emailing you from Camden Council because we were previously in touch earlier in the year to offer you support to self-isolate during our emergency response to coronavirus. We are getting back in touch to offer some public health advice and to let you know that support is available to help you self-isolate.

Firstly, coronavirus cases are rising across Camden and London which means we are all at a higher risk of catching it. Thankfully, cases in Camden seem to be on the lower end of the scale but have been rising in recent weeks, and because we live in such an interconnected city, rising cases across London impact us all.

We know that it's a worrying time and with cases going up, you might be feeling more anxious about your own health and keeping safe as we continue to live with coronavirus. That's why we are sharing some advice to help you to stay safe and signposting you to support if you need it because we are still here to help. Please note that if the government reinstates the need for people to begin shielding again, we will rapidly update the people this will apply to.

#### **Keep yourself and loved ones safe and if you develop symptoms, get tested and self-isolate**

- Regularly wash your hands with warm soapy water
- Stay 2 metres away from people you don't live with
- By law, you must now wear a face covering if you are travelling in a taxi or visiting a restaurant, pub or bar, except when seated at a table to eat or drink. Staff in the retail, leisure and hospitality industries must wear face coverings where they are likely to come in close contact with the public. If you are exempt from wearing one, you can request a free print or digital exemption badge at [gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own](https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own)
- Please follow the 'rule of 6' guidance which means only socialising (indoors or outdoors) or playing indoor sports in groups of no more than 6 people
- If you develop coronavirus symptoms, you must self-isolate and get tested to keep others safe. You can organise a test at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) or by calling 119. Anyone you live with must also self-isolate for 14 days, or until you get a negative test result
- If you are struggling to get a test, please keep trying but if you can't get tested, you must self-isolate for the full 10 days and everyone you live with must self-isolate for 14 days

#### **Call us if you need help to self-isolate**

If you need help to self-isolate we are ready, with our partners, to support you from day one. You might need help with accessing food or medicine, support to home-school your children or a letter for your employer that explains you're self-isolating. Whatever it is, please call us on 020 7974 4444 (option 9). The helpline is open 9am – 6pm, Monday - Friday but if your need is urgent and it cannot wait, you can also contact us outside of these hours. You can also find information about the wide range of support we offer at [camden.gov.uk/coronavirus](https://www.camden.gov.uk/coronavirus).

Self-isolating is so important because it will prevent you from passing it on to other people and keep those around you safe.

You could also consider making a plan in case you do need to self-isolate. This could include identifying a family member, friend or neighbour who could support you to access food or collect medication. If you haven't already, you could also sign-up for an online shopping account or identify a local shop that could deliver groceries for you.

If you are worried about your symptoms, call NHS 111 or if it's an emergency, call 999.

### **It's more important than ever to get the flu jab to stay well this winter**

The flu vaccination is safe and effective and must be given every year. It won't protect you from coronavirus but flu by itself can be serious and having coronavirus and flu at the same time could make you seriously ill – particularly if you have underlying health conditions.

Please be aware that the adult flu vaccine is free from pig derivatives. The child vaccine is administered via a nasal spray which is the most effective vaccine for children, but this does contain a very tiny amount of pig derivative. If you're uncomfortable with that, you can request they receive the adult injection instead, however this will only be available later in the year if there is enough available.

If you or your child is allergic to anything, such as eggs or neomycin, please make this clear to the person administering the vaccine so an alternative can be offered if needed. Your GP will tell you where you need to go to get your vaccine. You can also get a flu vaccine at pharmacies. School aged children (all primary school children, and children in year 7 in secondary school) will be offered the nasal spray vaccine in school, and pregnant women will receive theirs through their midwifery service.

### **Download the new NHS COVID-19 app**

The app will help to prevent the spread of coronavirus by helping to identify people who've been in close recent contact with someone who's tested positive for coronavirus, and will send them an alert straight to their mobile phone asking them to self-isolate. To find out more, go to [covid19.nhs.uk](https://www.covid19.nhs.uk).

### **New Government guidance from Thursday 24 September**

The government has introduced the following new restrictions to curb the rise in coronavirus cases across the country:

- Work from home wherever possible
- From Thursday 24 September pubs, bars and restaurants must close at 10pm – they will also be restricted to table service only
- The maximum number of wedding guests will be reduced from 30 to 15 from Monday 28 September
- Plans to allow fans to return to public sporting events have been paused
- Changes have also been made to the 'rule of six' and face coverings guidance

To find out more, go to [gov.uk/coronavirus](https://www.gov.uk/coronavirus).

**Thank you**



By following all of the recommended public health advice, we hope to be able to prevent the situation from getting worse. However, if cases continue to rise, we may need to take swift action to reduce

transmission and help protect the community. If this happens, we will communicate to you clearly, explaining what we are doing, why we are doing it and will always give you the help you need.

Thank you so much for everything you're doing to keep Camden safe. In the meantime, please remember that we are here to support you so do call us on 020 7974 4444 (option 9). The helpline is open 9am – 6pm, Monday - Friday but if your need is urgent and it cannot wait, you can also contact us outside of these hours.

Lastly, if you don't want to receive this kind of email again, please unsubscribe and you will be removed from the list.

**Dr Julie Billett**  
**Director of Public Health, Camden Council**

**Cllr Georgia Gould**  
**Leader of Camden Council**