

# WALSALL FOR ALL

## COVID Community Champions Project (Phase 2)

Fortnightly Briefing

Wednesday 9 March 2022



# COVID-19 Response: Living with COVID-19

- The Prime Minister gave a statement, (21 February), to Parliament on 'living with COVID-19' and has published the government's plan for removing the remaining legal restrictions while protecting the most vulnerable to COVID-19 and maintaining resilience.
- The **COVID-19 Response: Living with COVID-19** strategy outlines how the country can be enabled to manage COVID-19 like other respiratory illnesses.
- The aim is to minimise mortality and retain the ability to respond if a new variant emerges, more dangerous than Omicron, or during times where there is lower immunity that could threaten the NHS.
- This strategy - underpinned by vaccines - will remove the remaining legal domestic restrictions while continuing to protect people most vulnerable to COVID-19 and maintaining resilience.
- Read the [PM statement on living with COVID: 21 February 2022 - GOV.UK](https://www.gov.uk/government/speeches/pm-statement-on-living-with-covid-19-21-february-2022) ([www.gov.uk](https://www.gov.uk))



# Highlights of Government Announcement

The government has announced its plan for 'Living with COVID' and some guidance changes start from, 24 February

- You are no longer legally required to self isolate if you test positive for COVID-19 but it is strongly advised you do.
- Unvaccinated close contacts of those testing positive do not need to isolate.
- Routine contact tracing ends.
- Free universal symptomatic and asymptomatic testing for the general public in England will stop from 1 April.



# COVID symptoms and PCR testing

## If you have symptoms of COVID-19

Get a PCR test as soon as possible if you have any of these symptoms, even if mild:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

If you have symptoms of COVID-19, they should stay at home and avoid contact with other people and await for their results.

[Get advice about staying at home and avoiding contact with others](#)



# Self-isolation

- Even though there is no longer a legal requirement to self-isolate from 24 Feb, you are strongly advised to stay at home if you test positive for COVID-19.
- **Adults and children who test positive are advised to stay at home and avoid contact with other people for at least 5 full days and then continue to follow the guidance until they have received 2 negative test results on consecutive days.**
- Staying at home if you test positive with COVID will protect your loved ones and those who are vulnerable to COVID-19.



[For the latest COVID data, click here to visit the  
Walsall COVID Dashboard](#)

# Safer Behaviours

The infographic is a 2x3 grid of colored boxes. The top row has a dark blue box for 'HOW YOU CAN CONTINUE TO KEEP YOURSELF AND YOUR LOVED ONES SAFE' with the HM Government logo. The middle row has a blue box for 'VACCINES' (syringe icon), a light blue box for 'FRESH AIR' (open window icon), and a teal box for 'FACE COVERING' (mask icon). The bottom row has a green box for 'STAY AT HOME IF UNWELL' (house icon), a light green box for 'HAND WASHING' (hand washing icon), and a lime green box for 'STAY AT HOME IF UNWELL' (house icon).

HM Government

**HOW YOU CAN CONTINUE TO KEEP YOURSELF AND YOUR LOVED ONES SAFE**

**VACCINES**  
Get vaccinated to reduce your risk of catching Covid-19 and becoming seriously ill, and to reduce the risk of spreading the virus to others.

**FRESH AIR**  
Letting fresh air in if meeting indoors, or meeting outside to disperse Covid-19 particles and reduce the risk of spreading the virus.

**FACE COVERING**  
Consider wearing a face covering in crowded, enclosed spaces.

**STAY AT HOME IF UNWELL**  
Try to stay at home if you are unwell.

**HAND WASHING**  
Wash your hands regularly to limit the spread of Covid-19.

**By following safer behaviours you will reduce the risk of catching and passing on COVID-19.**

**You can protect yourself and others by:**

- “Catch it, Bin it, Kill it” and **washing your hands.**
- Getting your 1st, 2nd or booster **vaccination.**
- Opening the windows and **letting fresh air in** when meeting people indoors.
- **Wear a face covering** in crowded and enclosed spaces, like shopping centres and public transport.
- Trying to **stay at home** if you feel unwell.
- Taking a test if you are experiencing **COVID-19 symptoms**, and avoiding other people if you test positive.

BSL Video: <https://www.youtube.com/watch?v=w3agJK2NCXo>

## COVID-19 Vaccination Programme Update

**Across the Black Country there are a number of vaccination sites.** These range from local GPs and pharmacies to community venues and large vaccination centres. **The vaccine offer is evergreen**, so whether it's a first, second or booster dose, people who have not yet come forward for their vaccine can do so at a time to suit them.

### Attend a [walk-in site](#) for:

- 1st and 2nd doses if you're aged 12 years old and over
- boosters if you're aged 16 years old and over
- 3rd doses and boosters (4th doses) if you have a severely weakened immune system
- 1st and 2nd doses for at-risk children aged 5 to 11
- boosters for at-risk young people aged 12 to 15.

### Your can [book online](#) for:

- 1st and 2nd doses for people aged 12 years old and over
- boosters for people aged 16 years old and over
- 3rd doses and boosters (4th doses) for people with a severely weakened immune system aged 16 years old and over.

**Please note you need to be registered with a GP to use the online booking system.** Those without a GP will need to attend a walk-in site.

**Bookings can be made over the phone by dialling 119.** Calls to 119 are free from mobiles and landlines. Lines are open every day from 7am to 11pm. 119 provides support in 200 languages. If you need help from a British Sign Language (BSL) interpreter, use the free online [119 BSL interpreter service from SignVideo](#)



# COVID-19 Vaccination Programme Update

## Walk-in vaccination sites in Walsall

[Saddlers Centre](#) (7:30am and 8pm every day, 5s and over)

[Forrester Street Surgery](#) (times vary, 16s and over),

[Sure Start Palfrey Access Centre](#) (times vary, 16s and over)

[Broadway Pharmacy](#) (weekdays, 16s and over)

Visit the [vaccination page](#) on the CCG website for the latest information on eligibility and how and when people can get the vaccine.

If you've had a positive COVID-19 test, you need to wait before getting any dose of the vaccine. [You need to:](#)

- wait 4 weeks (28 days) if you're aged 18 years old or over
- wait 12 weeks (84 days) if you're aged 12 to 17 years old
- wait 4 weeks (28 days) if you're aged 12 to 17 years old and at high-risk from COVID-19.

## Travelling and restrictions

While restrictions have eased and holiday destinations are welcoming British travellers, entry restrictions for many destinations depend on vaccination status. If you are planning to jet away for a sunny break, please check the foreign [travel advice page](#) for information on travelling abroad, including the latest information on coronavirus entry requirements for your destination.



## Vaccine Hesitancy

- [COVID-19 vaccine and women of childbearing age](#)
- [COVID-19 vaccine and children & young people](#)
- [Flu and COVID-19 jab](#)

### Don't underestimate COVID-19 says survivor Jo

Thursday 20 January 2022



"I was healthy with no underlying conditions and a strong woman – now I know what COVID-19 can do to you and I wouldn't wish it on anyone."

**"I couldn't even tell you how many people I've seen die – it's unbearable to even think about it. At one point it was one person dying each shift, which is a lot of heartbreak."**

Olivia Kane is an intensive care nurse who has seen dozens of COVID-19 deaths, and she urged people to have the vaccine because of the 'terrifying' scenes she has seen.

The 24-year-old has only worked on ICU at Walsall Manor Hospital for 12 months, but has witnessed many patients dying – and worryingly, most of those she is now seeing are younger and unvaccinated.

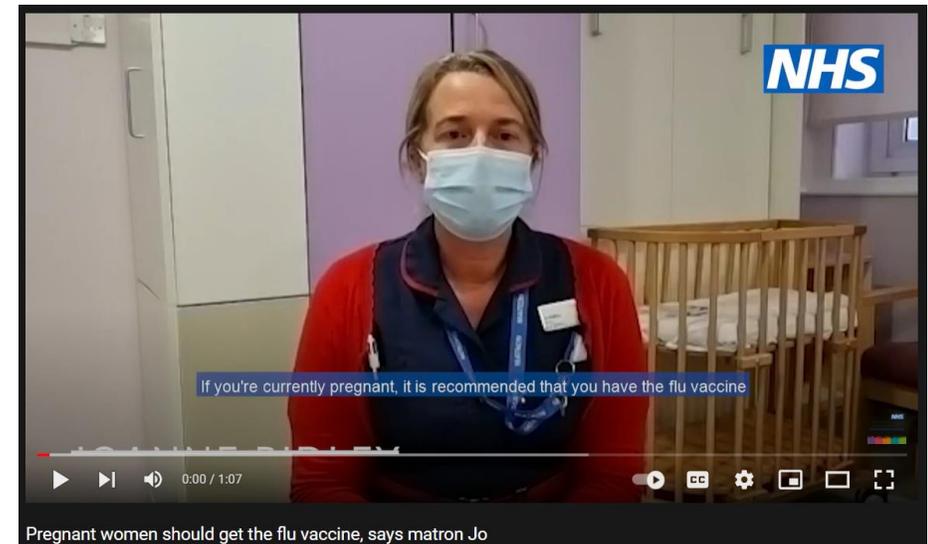
"It's absolutely terrifying because you easily relate it to your own family," said Olivia. "A lot of these patients thought they'd never get the virus, so it's just scary how quickly things can change, and how devastating it can be for everybody."

"We see the aftermath with the families, especially when the patients are ventilated and they can't talk. You see how the families react to their loved ones, with all the infusions, and how poorly they have gone – even over a couple of days, it's terrifying."

"These are often unvaccinated patients. It's the nastiness of the virus – people under-estimate how bad it can be."



Walk-in vaccines now available for 12 to 15 year olds - Black Country and West Birmingham



Pregnant women should get the flu vaccine, says matron Jo



# New Resources

## Coronavirus

- Covid-19 Vaccine
  - Additional Social Translations
  - Guide for parents of 5-11 year olds
- Covid-19 Response
  - Long term strategy assets
  - BSL video
  - Key behaviours

