

Covid-19 Information Update Issue 2 - Please share in your Community

Hertfordshire is in a **national lockdown** along with the rest of England, with residents being told that we must stay at home. The vaccine offers us hope and a clear way out, but we are not there yet, residents must continue to play their part and follow rules. **For more information about the lockdown rules** [Click Here](#)

Keep on doing the basics:

- make sure we wash our hands regularly and thoroughly
- keep our distance from others
- wear a face-covering when required
- self-isolate when told to do so

Rapid COVID testing for key and essential workers in Hertfordshire

Free rapid testing for anyone **without coronavirus symptoms** is now available across Hertfordshire and all key and essential workers who cannot work from home are encouraged to book a rapid test every few days to help ensure that essential services are as safe as possible.

Around one in three people with coronavirus do not show symptoms, which means they could be spreading the virus to loved ones, co-workers and into the community without realising.

To book a test, [Click Here](#) Results in 45 minutes. More centres have opened this week so please check the website.

If you have symptoms of coronavirus you cannot have a rapid test – instead please book a standard PCR test [Click Here](#)

COVID vaccinations - We can all play our part to assist the vaccination programme by:

- waiting to be contacted by the NHS – you will be invited to an appointment when it is your turn. Remember the NHS will never ask you to pay for a COVID-19 vaccination
- attending both of your booked appointments
- continuing to follow all the guidance to control the spread of the virus
- ensuring that you are registered with a GP who may contact you when it is your turn to receive the vaccine

For answers to questions about the COVID-19 vaccination programme visit [Click Here](#)

Even after a second dose of the vaccination, in order to protect yourself, your family, friends and colleagues, you must still follow public health advice at work, at home and when you are out and about: practise social distancing, wear a face-covering, wash your hands carefully and frequently and follow the current guidance www.gov.uk/coronavirus

To get support if you're affected by coronavirus please contact HertsHelp for:

- help to get food, household essentials and medication
- financial support and advice
- services that can support you if you are feeling lonely or down
- ways to improve your health and wellbeing

Visit www.hertshelp.net email info@hertshelp.net or call 0300 123 4044

For more information and guidance for Herts residents and businesses during the pandemic [Click Here](#)

Thank you to Community Help Hertfordshire for the above Information - For queries please contact:-
West Herts (Dacorum, Three Rivers, Hertsmere & St Albans) – lynsi.hayward-smith@cdaherts.org.uk
East Herts (East Herts, North Herts, Broxbourne & Welwyn Hatfield) – stuart.izzard@cdaherts.org.uk