

Covid Information Champion update

It's vital people continue to follow the [latest Government advice](#) to prevent the spread of the virus.

You can play your part by:

- Washing your hands regularly
- Using a face covering (unless exempt)
- Following social distancing
- Letting in fresh air and meeting people outside
- Getting vaccinated when it's your turn – including going for your second dose
- Taking regular tests and self-isolating if you have symptoms

Vaccination update

There's a big push on getting people vaccinated as the summer approaches, to make sure as many people are protected as soon as possible. It's easier than ever to get the vaccine, with more appointments available on the National Booking System, pop-up and walk-in clinics and super-sized 'grab-a-jab' sessions.

Keep up to date with the latest walk-ins

All the details about the latest walk-in sessions at vaccine centres across Hertfordshire and west Essex are available online: <https://covid.healthierfuture.org.uk/events/vaccination-walk-in-clinic-times>

Anyone who would rather book a guaranteed appointment should go to the [National Booking Service](#) or ring 119.

Second doses for over 40s

It's now easier to change your appointment on the National Booking Service and bring your second dose forward if you're aged 40+. Anyone who had their first dose at least eight weeks ago, is encouraged to get their jab as soon as possible by logging on to the [National Booking Service](#), where they'll be able to see alternative appointments so they can re-schedule their second dose, or alternatively go to one of the walk-in sessions being held locally.

Rapid Testing

1 in 3 people who catch Covid don't display any symptoms, which means that the virus can be spread without realising it. Rapid testing is designed to detect COVID-19 in people without symptoms. You can order rapid Covid testing kits to use at home or collect them from a local site or a pharmacy taking part in the lateral flow test scheme.

Twice weekly rapid testing enables us to find cases and prevent the spread of infection. Getting into the habit of twice weekly testing helps to keep our friends and family safe, and alongside the vaccination programme, will help ensure we can continue to ease our way out of lockdown. More information can be found at: www.hertfordshire.gov.uk/rapidtest

Anyone who thinks that they might have COVID symptoms must take a 'PCR' test, either by ordering one to be delivered to their home, or by attending one of the test centres in our area. They must then self-isolate while they wait for the results. This approach means that if the person

does test positive, they can be supported to self-isolate if necessary. Test and Trace staff will also work with them to contact and advise friends, family members or colleagues who might have been infected.

Book a PCR test at: <https://www.gov.uk/get-coronavirus-test>

Resources

Needle Phobia - [short video](#) from a young Hertfordshire resident who was supported to have her vaccine at Hertford Theatre. There are also some free resources about the COVID-19 vaccine available on the [Anxiety UK website](#).

There is a huge amount of resources you can access to get the correct information on coronavirus and the vaccines. False information is often being shared online which can lead to some serious consequences. The government have created a [SHARE checklist](#), to help and protect you from false information online.

You can find more information about the vaccination programme, including FAQs and resources for adults with learning disabilities and resources in different languages and formats here:

<https://covid.healthierfuture.org.uk/information-and-resources>

Videos have been created by some of Hertfordshire's Covid Information Champions in [different languages](#) about the coronavirus vaccine.

If you or your family need financial or practical help and advice with the cost of food or fuel, please get in touch with HertsHelp:

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

For more information and guidance for residents and businesses during the pandemic please visit www.hertfordshire.gov.uk/coronavirus