

Coronavirus Update - 30th September 2020

As the pandemic continues, it is important that key messages get out to all communities across the city. As COVID-19 Community Champions, you are important, valued and trusted members of the community who are perfectly placed to share these key messages with as many people as possible. You can also play a key role in helping to counter unhelpful and sometimes dangerous misinformation. **Do let us know if there is anything your communities need to know about COVID-19.**

Below are the main messages that we need to communicate to as many people in Birmingham as possible, so that everyone understands how to stay safe and help limit the spread of COVID-19:

1. Updates to COVID-19 restrictions
2. Download the NHS COVID-19 App & NHS QR Codes for Venues
3. Latest guidance on COVID-19 management in school settings

1. Updates to COVID-19 restrictions



Working from Home: Office workers should work from home again where possible - although workers in "key public services and in all professions" where this is not possible, such as construction and retail, should continue to go in

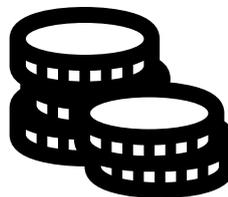
Last Call: From Thursday 24th September, all pubs, bars and restaurants must offer table service only and close at 10pm - but delivery services can remain open



Cover it up: The requirement to wear a face covering has been extended to staff in retail, people in taxis and everyone using hospitality services



Fines for not wearing a face covering will now double to £200 for a first offence



Mandatory COVID-secure guidelines will become a legal obligation for retail, leisure and tourism firms, with those who do not comply running the risk of fines of £10,000 or closure

Only **15** people can now attend weddings, this excludes the celebrant & photographer, but **30** can still go to a funeral which includes all the staff. Children count in the numbers in the same way as adults.

The "**rule of six**" has been extended to apply to indoor sports teams, such as five-a-side football games, so only six people can play sport inside.

2. Download the NHS COVID-19 App & NHS QR Codes for Venues

The **NHS COVID-19 App** and **NHS QR Codes for venues** have recently been released. These tools are part of the large-scale COVID-19 testing and tracing programme called **NHS Test and Trace** and we need to encourage as many people as possible in Birmingham to start using them.

The App will be used to notify users if they come into contact with someone who later tests positive for COVID-19. It also alerts people at risk of COVID-19, asking them to isolate before they potentially pass the virus on to others, as well as providing local area alerts and QR venue check-in. The App is vital as it will help the NHS to understand if the virus is spreading in a particular area. This will help local authorities respond to it quickly, stop it spreading further and ultimately save lives. The app can do all this whilst also protecting the user's anonymity – **no one, including the government, will know who or where a particular user is.**

The key messages that we currently need to be conveyed to family, friends and communities regarding the NHS COVID-19 App and NHS QR Codes for venues are:

- **Download the NHS COVID-19 App today – it's the simplest way to protect yourself and those you love**
- **The new NHS COVID-19 App is the fastest way of knowing when you're at risk of Coronavirus**
- **Create a Coronavirus NHS QR Code for your venue**

The NHS COVID-19 App can be downloaded now from:

- Google play store:
<https://play.google.com/store/apps/details?id=uk.nhs.covid19.production>
- Apple app store: <https://apps.apple.com/us/app/id1520427663>

NHS QR Codes for venues:

Businesses can now use an online service to create a QR code to be put on display in their venue. Visitors can scan the QR code when they arrive, using the NHS COVID-19 App. This is also a key element in helping to trace and stop the spread of COVID-19.



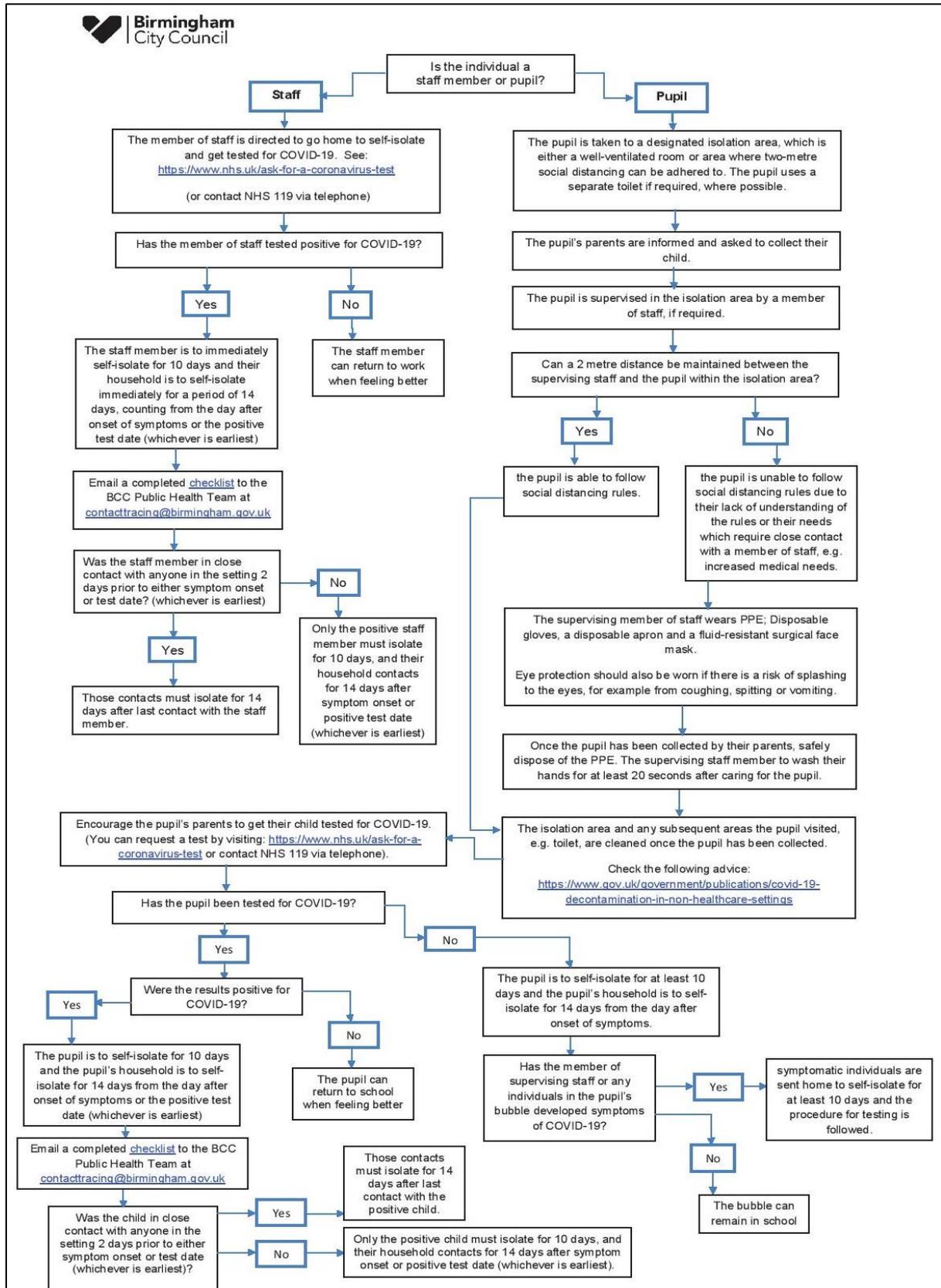
If you know a venue owner, or visit a venue where they are not displaying a QR code, please make them aware that venues should create and display a QR code if they are:

- A business, place of worship or community organisation with a physical location that is open to the public
- An event which is taking place in a physical location

Please note that if owners have more than one venue, they need to create separate QR codes for each location. Users can add multiple locations in the service. QR posters can be created by visiting: <https://www.gov.uk/create-coronavirus-qr-poster>

3. Latest guidance on COVID-19 management in school settings

See the figure below for a diagram outlining guidance for the appropriate management of COVID-19 in school settings:



Additional Updates

National Policy

Winter Planning

Government introducing new plan to help protect care homes from Coronavirus this winter

- Care providers must stop all but essential movement of staff between care homes to prevent the spread of infection
- People receiving adult social care and care workers will receive free Personal Protection Equipment
- There will be an infection control fund. This will help care providers pay staff full wages and enable staff to work in only one care home

The Government is introducing a new £500 isolation support payment for people on low incomes who can't work because they have tested positive or asked to self-isolate by NHS Test and Trace

Testing Prioritisation

The government plans to prioritise tests allocating them where they are needed most in the following areas:

- Acute clinical care
- Support and protect people in care homes
- NHS staff including GPs and Pharmacists
- Teaching staff with symptoms
- General public when they have symptoms prioritising those in areas of high incidence

Local Data Update

In the week 14th September – 20th September there were **113 cases per 100000** people in **Birmingham**. The average area in England had 19. This is far higher than we would wish. So, remember the basics!!

- **Keep washing your hands** regularly for 20 seconds with soap and water – if soap and water isn't available, use hand sanitiser
- **Wear a face covering** (if you are not exempt*) over your nose and mouth in enclosed spaces - The government guidance provides a full list of examples when to wear a face covering
- **Try to stay at least 2 metres (i.e. 3 steps) away** from anyone you do not live with or those outside your support bubble

**There are some circumstances where people may not be able to wear a face covering. Please be mindful and respectful of such circumstances, noting that some people are less able to wear face coverings and that the reasons for this may not be visible to others.*

Covid-19: Key messages

Help control the virus

To protect yourself and others, when you leave home you must:

- Wash your hands - keep washing your hands regularly
- Cover your face - wear a face covering over your nose and mouth in enclosed spaces
- Make space - stay at least a metre away from people who do not live in your household

If you are feeling unwell, book a test as soon as possible and do not leave home for at least 10 days

COVID-19 Symptoms

The main [coronavirus symptoms](#) are:

- A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- A loss or change to your sense of smell and/or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least one of these symptoms.

What to do if you have coronavirus symptoms

If you have [symptoms of coronavirus](#), it is important that you get tested. Anyone can get a test, but you need to get the test done in the first 5 days of having symptoms. If you do not have symptoms, you can only get a test if your hospital has told you to get one.

Here are the steps that you need to follow should you develop any [symptoms of coronavirus](#):

Step 1	Step 2	If you test negative for COVID-19	If you test positive for COVID-19
Start isolating You for 10 days Your household for 14 days	Book a test Visit the NHS website . Or call 119.	Household stops isolating immediately You stop isolating if you feel well	Share contacts via NHS Test and Trace

If you get symptoms of coronavirus

If you get any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste):

- You must [self-isolate](#)
- [Get a test to check if you have coronavirus](#) as soon as possible

- Anyone you live with – or any one in your [support bubble](#) - must self-isolate until you've been tested and received your result

Booking a COVID-19 Test

To [book a test](#), visit the [NHS website](#) or call 119

You will be asked how you want to get the test. You can:

- Book an appointment at a drive-through or walk-through test site
Video: [Getting a test at a drive-through site](#)
- Order a home test kit – this will be delivered to your home
Video: [How to use a home testing kit](#)

What test you can book/order depends on the number of days that have passed since your symptoms started

1 to 4 days:	Book a drive-through or walk-through test at a test site or order a home test kit. Order the kit by 3pm on day 4 to make sure you can do the test in the first 5 days.
5 days:	Book a test at a test site. It's too late to order a home test kit.
6 or more days:	It's too late for a test.

If you test negative (i.e. the test did not find coronavirus):

You do not need to self-isolate if your test is negative, as long as:

- Everyone you live with who has symptoms tests negative
- Everyone in your support bubble who has symptoms tests negative
- You were not told to self-isolate for 14 days by NHS Test and Trace – if you were, see [what to do if you've been told you've been in contact with someone who has coronavirus](#)
- You feel well – if you feel unwell, stay at home until you're feeling better
- If they do not have symptoms, anyone you live with can stop self-isolating
- If they do not have symptoms, anyone in your support bubble can stop self-isolating

If you test positive (you have coronavirus):

- Self-isolate for at least 10 days from when your symptoms started – even if it means you're self-isolating for longer than 14 days
- Anyone you live with must self-isolate for 14 days from when your symptoms started
- Anyone in your support bubble must self-isolate for 14 days from when your symptoms started

What to do if you have been in close contact with somebody who tests positive

Step 1	Step 2	Step 3	If you test negative for COVID-19	If you test positive for COVID – 19
You may be alerted by NHS Test and Trace	Isolate for 14 days after close contact	If you develop symptoms Book a test Your household isolates for 14 days	You complete 14 day isolation Household stops isolating immediately	You begin a new 10 day isolation Household completes 14 day isolation

How NHS Test and Trace will contact you

You'll be contacted by email, text or phone. Text messages will come from NHStracing / Calls will come from 0300 0135000. Children under 18 will be contacted by phone wherever possible and asked for their parent or guardian's permission to continue the call.

You'll also be asked to sign in to the NHS Test and Trace contact tracing website at <https://contact-tracing.phe.gov.uk>.

On the contact tracing website, you'll be asked for information including:

- Your name, date of birth and postcode
- If you live with other people
- Any places you've been recently, such as a workplace or school
- Names and contact details of any people you were in close contact within the 48 hours before your symptoms started (if you know these details)

If you cannot use the contact tracing website, a member of Test and Trace staff will call you.

If you're told you've been in contact with a person who has coronavirus

- Stay at home ([self-isolate](#)) for 14 days from the day you were last in contact with the person – it can take up to 14 days for symptoms to appear
- do not leave your home for any reason – if you need food or medicine, order it online or by phone, or ask friends and family to drop it off at your home
- Do not have visitors in your home, including friends and family – except for essential care
- Try to avoid contact with anyone you live with as much as possible
- People you live with do not need to self-isolate if you do not have symptoms
- People in your support bubble do not need to self-isolate if you do not have symptoms

If you get symptoms of coronavirus

If you get any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell and/or taste):

- [Get a test to check if you have coronavirus](#) as soon as possible
- Anyone you live with must self-isolate until you've been tested and received your result
- Anyone in your support bubble must self-isolate until you've been tested and received your result

If you test negative (the test did not find coronavirus)

You do not need to self-isolate if your test is negative, as long as:

- Everyone you live with who has symptoms tests negative
- Everyone in your support bubble who has symptoms tests negative
- You were not told to self-isolate for 14 days by NHS Test and Trace – if you were, see [what to do if you've been told you've been in contact with someone who has coronavirus](#)
- You feel well – if you feel unwell, stay at home until you're feeling better
- If they do not have symptoms, anyone you live with can stop self-isolating
- If they do not have symptoms, anyone in your support bubble can stop self-isolating

If you do not have any symptoms of coronavirus

- You can stop self-isolating after 14 days
- You do not need to have a test

If you test positive (you have coronavirus)

- Self-isolate for at least 10 days from when your symptoms started – even if it means you're self-isolating for longer than 14 days
- Anyone you live with must self-isolate for 14 days from when your symptoms started
- Anyone in your support bubble must self-isolate for 14 days from when your symptoms started

Important information - The NHS Test and Trace service will not:

- Ask for bank details or payments.
- Ask for details of any other accounts, such as social media.
- Ask you to set up a password or PIN number over the phone.
- Ask you to call a premium rate number, such as those starting 09 or 087

Further Test and Trace Information from the Government (hyperlinks)

- [NHS test and trace: how it works](#)
- [Getting tested](#)

Further Test and Trace Information from the NHS (hyperlinks)

- [Booking a Coronavirus test](#)
- [What to do if you're contacted by the NHS Test and Trace service](#)
- [What to do if you're contacted after testing positive for coronavirus](#)
- [Get an isolation note for your employer](#)

Keeping safe outside your home

[Keep your distance from people outside your household or support bubble](#)

Social Distancing: The government recommends that you keep two metres away from people as a precaution or one metre when you can mitigate the risk by taking other precautions such as staying side-to-side rather than face-to-face within someone.

[Keep your hands and face as clean as possible](#)

Wash your hands often using soap and water and dry them thoroughly.

Where available, use sanitiser outside your home, especially as you enter a building and after you have had contact with surfaces. Avoid touching your face.

Watch this video to find out [the best way to wash your hands](#).

Face coverings

In England, unless you are exempt, you must wear a face covering in many indoor settings – an up to date list of included settings can be found [here](#).

A face covering should:

- Cover your nose and mouth while allowing you to breathe comfortably
- Fit comfortably but securely against the side of the face
- Be secured to the head with ties or ear loops
- Be made of a material that you find to be comfortable and breathable, such as cotton
- Ideally include at least two layers of fabric (the World Health Organisation recommends three depending on the fabric used)
- Unless disposable, it should be able to be washed with other items of laundry according to fabric washing instructions and dried without causing the face covering to be damaged

Further guidance on face coverings, including how to make your own, can be found here:

<https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own#making-your-own-face-covering>

How to keep Healthy

Better Health

Looking after your health can help you to reduce your risk of becoming seriously ill from Coronavirus. Therefore, there has never been a better time to kickstart your health and wellbeing journey. NHS [Better Health](#) has a range of tools and support to help you find what works for you: <https://www.nhs.uk/better-health/>

BHealthy

Birmingham City Council's public health team have launched a new "BHealthy" campaign, which provides a series of evidence-based and practical resources to enable leaders and professionals to support their communities to reduce their risk of serious illness from Covid-19.

The resources are available online via the [BCC website](#) and include:

- A webinar series covering behaviour change, keeping Covid safe, long-term health conditions and healthy and unhealthy habits
- A checklist for a healthier you
- A weekly getting ready plan
- Downloadable supporting materials, including a slide deck to compliment webinars and social media content

To book a place at the next webinar follow this link:

https://www.birmingham.gov.uk/info/50238/wellbeing_during_the_coronavirus_covid-19/2247/bhealthy/2

Translated Covid-19 information

General

Doctors of the World have produced written and audio Coronavirus (COVID-19) advice for patients in 60 languages, which were made in partnership with the British Red Cross.

Translated documents are updated regularly in line with the latest NHS and government guidance:

<https://www.doctorsoftheworld.org.uk/coronavirus-information/>

In partnership with the Mayor of London, Doctors of the World have produced motion graphic videos with key COVID-19 information for migrants living in the UK.

These are available in 11 priority languages: Bengali, Bulgarian, English, Kurdish Sorani, Polish, Portuguese, Romanian, Spanish, Traditional Chinese, Turkish and Vietnamese.

The videos contain the latest advice from the UK government, including information on COVID-19 testing and wearing face masks: <https://www.doctorsoftheworld.org.uk/key-covid-19-information-for-migrants/>

Test and trace

Birmingham City Council have produced guidance on test and trace in Arabic, Bengali, Cantonese, Chinese, Czech, English, French, Hindi, Italian, Kurdish, Mandarin, Polish, Punjabi, Pushto, Romanian, Somali and Urdu:

[https://www.birmingham.gov.uk/info/50247/national_guidance_during_covid-19/2065/coronavirus_covid-19 - guidance in accessible formats and other languages/3](https://www.birmingham.gov.uk/info/50247/national_guidance_during_covid-19/2065/coronavirus_covid-19_-_guidance_in_accessible_formats_and_other_languages/3)

Test and Trace information videos available in Arabic, Bengali, Cantonese, Hindi, Kurdish, Mandarin, Urdu

<https://www.youtube.com/channel/UC3RlwgKB6ehKvOCb7QbSf1Q/videos>

Safe use of places of worship

The Government have produced guidance on the safe use of places for worship during the pandemic in Arabic, Bengali, Chinese, English, French, Gujarati, Polish, Portuguese, Romanian, Somali and Urdu:

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of-places-of-worship-during-the-pandemic-from-4-july>

Face coverings

Birmingham Health Partners have produced guidance on how to safely wear a face mask in Arabic, Bulgarian, Catalan, Chinese, Dutch, English, French, Gujarati, Polish, Romanian, Russian, Slovak, Spanish, Turkish and Urdu:

<https://www.birminghamhealthpartners.co.uk/how-to-safely-wear-a-facemask/>

Birmingham City Council have produced guidance on face coverings in Arabic, English, French, Kurdish, Lithuanian, Pashto, Polish, Portuguese, Romanian, Russian, Spanish and Tigrinya:

[https://www.birmingham.gov.uk/info/50247/national_guidance_during_covid-19/2065/coronavirus_covid-19 - guidance in accessible formats and other languages/2](https://www.birmingham.gov.uk/info/50247/national_guidance_during_covid-19/2065/coronavirus_covid-19_-_guidance_in_accessible_formats_and_other_languages/2)
