

WALSALL FOR ALL

COVID Community Champions Project (Phase 2)

Fortnightly Briefing

Wednesday 09 February 2022



How long do you need to self-isolate for?

- **If you've tested positive for coronavirus (COVID-19), you usually have to self-isolate for 10 full days.**
- You may be able to leave self-isolation after 5 full days if certain conditions are met.
- If you've been in close contact with someone who has COVID-19, you may have to self-isolate for 10 full days.
- You might need to self-isolate for longer if you get symptoms while self-isolating or your symptoms do not go away.
- You will not need to self-isolate in certain situations.

[Read more about when to self-isolate and what to do.](#)



Where can 12-15 year olds get vaccinated?

- All 12-15 year olds will be offered 2 doses of the COVID-19 vaccine.
- Parents or guardians of children aged 12 to 15 will receive letters from their child's school who are offering the COVID-19 vaccine as part of its School Aged Immunisation Service (SAIS).
- Parents and guardians can also attend a local vaccination centre with their 12-15 year old to get their vaccination outside of school.
- [Read more on COVID-19 vaccine and children & young people :: Black Country and West Birmingham CCG](https://www.blackcountryandwestbirmccg.nhs.uk)
(blackcountryandwestbirmccg.nhs.uk)



NHS

COVID-19 vaccine available for 12 to 15 year olds

Book online or walk in at:

Saddlers Centre,
1 Park Street,
Walsall WS1 1YS

 Walk in times: 3pm-6pm (Monday to Friday)
Walk in times: 8am - 6pm (Saturday & Sunday)

The poster features a red background with the NHS logo in the top right. The main text is in white and blue. Below the text is a photograph of the Saddlers Vaccination Centre entrance, which has a sign that reads 'Saddlers Vaccination Centre' and 'NHS COVID-19'. To the right of the photo, there is a white box containing the booking information. At the bottom, there is a clock icon and the walk-in times for weekdays, weekends, and holidays.

How can you protect yourself and others and reduce the spread of COVID-19 in Walsall?

 UK Health Security Agency

Protect Yourself And Others This Winter

 <p>Get fully vaccinated against COVID-19</p>	 <p>Wash your hands regularly and use hand gel when out and about</p>	 <p>If you have any COVID symptoms, self-isolate straight away and get tested</p>	 <p>Continue to use LFDs particularly before a time of risk</p>	 <p>Wear a face covering in enclosed spaces</p>
 <p>When you cough or sneeze, catch it in a tissue, dispose of it straight away and wash your hands</p>	 <p>Ventilate when indoors</p>	 <p>If you're feeling under the weather, even if you test negative for COVID, try not to mix with others to prevent spreading illness</p>	 <p>Take up the flu jab as soon as possible as immunity could be lower this year</p>	 <p>Hand gel doesn't kill norovirus. Keep washing your hands and stay home for 48 hours after symptoms end to stop the spread</p>

If you have had COVID-19 how long should you wait until you get the COVID vaccine?

Adults

- Vaccination should be postponed for at least four weeks (28 days) after the onset of symptoms or from the first positive test in those who did not have symptoms.
- This is in line with [Joint Committee on Vaccination and Immunisation \(JCVI\) guidance](#).



If you have had COVID-19 how long should you wait until you get the COVID vaccine?

- If your child is aged between 12 & 17, and has tested positive for COVID-19, they must wait 12 weeks before getting their vaccine
- If they're at high-risk, they must wait at least 4 weeks.
- This is in line with [Joint Committee on Vaccination and Immunisation \(JCVI\) guidance](#).
- Find out more information from the [BCWBCCG website](#)

NHS



If your 12 to 17 year old has tested positive for COVID-19, they must wait 12 weeks before they get their vaccine

or wait 4 weeks if your 12 to 17 year old is at high-risk from COVID-19

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

New Guidance

[Travel to England from another country during coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/travel-to-england-from-another-country-during-coronavirus-covid-19)

- If you're **fully vaccinated** you will no longer need to take a COVID-19 test either before or after you arrive in the UK. You still need to complete a passenger locator form.
- If you **are not fully vaccinated** you will need to take a pre-departure test. After you arrive, you will need to take a PCR test on or before day 2, but you will only need to quarantine if it's positive. You still need to complete a passenger locator form.
- You must show valid proof of being fully vaccinated to enter certain countries Spain from the UK if travelling for tourism purposes.

 HM Government **NHS**

From 11 February, eligible **FULLY VACCINATED** travellers and under 18s will no longer need to test on arrival to the UK.

Travellers not fully vaccinated will need proof of a negative pre-departure test and a PCR arrival test.

Find out more at [gov.uk/travel-abroad](https://www.gov.uk/travel-abroad)

 HM Government **NHS**

INTERNATIONAL TRAVEL is being made easier. From 11 February, there will be a simplified Passenger Locator Form, and removal of testing for eligible fully vaccinated arrivals to the UK.



Find out more at [gov.uk/travel-abroad](https://www.gov.uk/travel-abroad)

 HM Government **NHS**

TRAVELLING ABROAD THIS HALF-TERM? Eligible fully vaccinated travellers and under 18s will no longer need to test on arrival to the UK.



Find out more at [gov.uk/travel-abroad](https://www.gov.uk/travel-abroad)

Protect Yourself and others

Although the Plan B measures are being removed so the legal requirements are gone, we are urging Walsall residents to continue to be responsible and cautious at this time.

It is vital we reduce the number of residents testing positive. This will help to ease pressure in our NHS, schools, care homes and workplaces.

To help slow the spread of COVID-19 in Walsall you should follow safer behaviours and actions that include:

- Use face coverings in indoor and crowded places
- Wash your hands regularly
- let in fresh air for 10 minutes regularly whilst indoors
- Test regularly
- Stay at home when you feel unwell and book a PCR test
- Use the COVID-19 NHS App
- Get vaccinated and boosted

All of these things will help us to continue to bring down the rate of COVID-19 in the borough for now and in the longer-term.



COVID-19 Vaccination Programme Update

There are a range of sites across Walsall offering walk-in and booked appointments - local GPs, pharmacies, community venues and large vaccination centres.

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

If someone has had a positive COVID-19 test, they will need to wait before getting any dose of the vaccine. [Find out more.](#)

Those who are eligible for a vaccine can [book online](#) or attend a [walk-in site](#). 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](#)

Offer of vaccination is evergreen – if someone hasn't yet come forward for a vaccine and now wants it, they can still get vaccinated. Encourage them to book online or visit a walk-in site.

Vaccine hesitancy:

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



Questions and Answers


More info: <http://nhs.uk/covidvaccination>

The COVID-19 vaccine is safe, effective and gives you the best protection against the virus.

The NHS has updated their website to include some of the most frequently asked questions on the COVID-19 vaccine. This may help conversations with your communities.

1. AM I AT RISK FROM COVID-19?
COVID-19 CAN MAKE ANYONE SERIOUSLY ILL. BUT FOR SOME PEOPLE, THE RISK IS HIGHER. GET VACCINATED TO PROTECT YOURSELF, YOUR FRIENDS AND FAMILY.
GET VACCINATED TO PROTECT YOURSELF, YOUR FRIENDS AND FAMILY.

2. DOES THE VACCINE WORK?
YES
RESEARCH HAS SHOWN THE VACCINES HELP REDUCE YOUR RISK OF GETTING SERIOUSLY ILL OR DYING FROM COVID, OR CATCHING OR SPREADING IT.

3. ARE THERE SIDE EFFECTS?
LIKE ALL MEDICINES, COVID-19 VACCINES CAN CAUSE SIDE EFFECTS. MOST OF THESE ARE MILD AND CLEAR UP IN 24 HOURS. THE VACCINES ARE VERY SAFE, WHILE COVID-19 CAN MAKE ANYONE SERIOUSLY ILL.


4. IS IT EASY TO GET THE VACCINE?
YES
YOU CAN BOOK AN APPOINTMENT ONLINE OR BY CALLING 119 OR GO TO A DROP-IN SITE.

New Resources

- COVID-19 vaccines are strongly recommended in pregnancy.
- Vaccination is the best way to protect against the known risks of COVID-19 in pregnancy for both women and babies, including admission of the woman to intensive care and premature birth of the baby.
- The Government's Chief Scientific Adviser, consultant obstetrician Professor Lucy Chappell has answered the key questions about getting vaccinated while pregnant.
- Watch on YouTube - [Professor Lucy Chappell - The COVID-19 vaccine and pregnancy - YouTube](#)

THE COVID-19 VACCINE AND PREGNANCY

WITH PROF. LUCY CHAPPELL



New Resources

Coronavirus

● Covid-19 Vaccine

- Additional Social Translations

● Community Testing

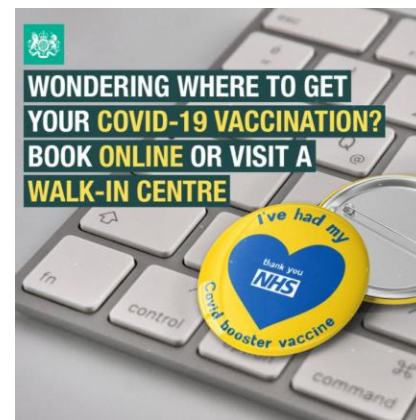
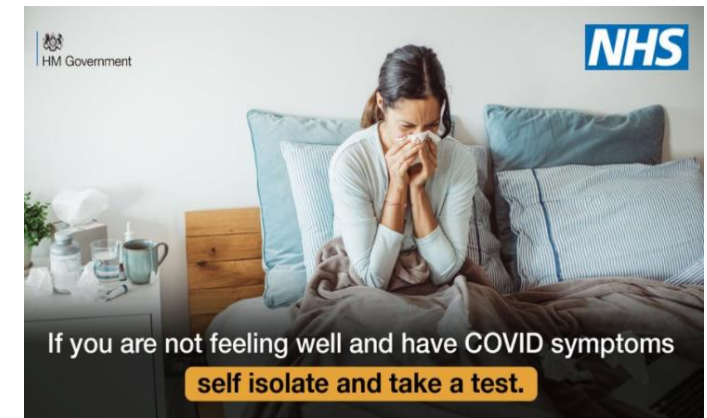
- Test and Trace Support Payment Scheme
- Daily Testing for Covid-19 Contacts (DTCC) Assets

● Covid-19 Response

- International Travel
- Social Statics

● Antivirals Recruitment

- Panoramic Quote Assets



Vaccination Update (cont'd)

Working together for healthier futures

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 24 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 Walsley 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 underestimate how bad it can be."



Champions' Update (1)

MindKind Projects

- MindKind have up-scaled the *sewing for wellbeing* activity by delivering an additional after-school class which has helped to reach younger women.
- Gardening club is becoming more popular especially as we are now able to plant outdoors. We continue to focus on wellbeing and how vaccine uptake can be supported.

Multi Kulti

- Multi-Kulti have now appointed professionals who will lead their podcasts and topics are now being considered. These include the following: fitness (how to improve levels of fitness while working from home), mental wellbeing (how to deal with depression/isolation/addiction/domestic violence) and active lifestyles.
- Social media activity has increased by 520% on Facebook and by 385% on Twitter.
- Leafleting has continued in Walsall and this has enabled positive conversations with members of the community, with no negativity. Further outdoor activity is planned.

Champions' Update (2)

Youth Connect

- Teams of workers have been conducting outreach work in the south of the borough, talking to young people/adults. Discussions have centred on finding out where the young people are getting their information from, who then reinforces it and then encouraging them to look elsewhere for information.
- Young people in the 12 to 15-years age group generally tend to be a bit better informed than the slightly older (17+ years) age group, possibly because these young people are still in school and COVID rules are more regimented and enforced there. It appears that the issues are within the 17+ age group; these young people have already made their minds up about the vaccine. The role models who they look up to, and who are trusted voices for these young people, may not have views that are fully aligned to those of the government.

Al Huda Scouts Group

- Al Huda have continued their good work with the local community and they intend to use the half-term break to scale up their activity.
- Activity so far has included chats with young people up to 15 years, with their mums. These conversations were around mental health and were very constructive. There have also been some very emotional conversations with people new to the area. It has been good to share those links and spend the time with these people.

Champions' Update (3)

Vera Group

- Recent activity has included discussions with community members about rule changes, resulting in many questions about travelling, vaccination centres, tests and booster efficiency.
- A wellbeing session took place where Vera Group engaged with others, including members of the Roma community. The language difficulties have created a real barrier for them during the pandemic. Focus this month will be on having conversations with Roma residents, trying to attract them with wellbeing activities in order to get their views. It seems that they are open to this type of activity.
- The Zaraza restaurant in Walsall is a target venue for Eastern Europe residents in the borough. An event took place there recently where the vaccine was promoted. This was followed up with social media communication.
- Vera Group champions assisted two individuals who had tested positive by delivering medication to them.
- Vera Group and its community champions are seen as a credible voice within their community and people are constantly looking to them for help and guidance.