



South West London  
Clinical Commissioning Group

# Get ready this festive season and hear more about getting vaccinated



Bringing together Croydon, Kingston, Merton, Richmond, Sutton and Wandsworth

# Introduction

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- In a race to protect the nation against the Omicron variant, the NHS vaccination programme is offering everyone over 18 the chance to book a Covid-19 Booster by the end of the year.
- The UK Health Security Agency reported last week that there is a significant drop in effectiveness against the Omicron variant after two vaccines. However, analysis shows a third booster, 3 months after the second dose, prevents around 75% of people getting Covid symptoms.
- Scientists are concerned by the speed at which Omicron spreads. If we do nothing, 1,000 cases in a day will soon become 8,000 in a week, and 64,000 in two weeks. These numbers would be on top of the continuing wave of Delta infections, meaning there will be significant numbers of Covid cases by Christmas, with overwhelming numbers very ill by January, topping the numbers we saw in January last year.



# Key Messages

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- The Covid-19 vaccinations are safe and effective and give us the best protection against the serious complications of COVID-19.
  - Please remind those who have not yet taken up the offer of the vaccine, it is never too late to get your first or second dose. Find out what vaccines you are eligible for here: <https://swlondonccg.nhs.uk/covid/where-can-you-get-vaccinated/vaccination-walk-in-clinics/>.
  - 2 doses of the Covid-19 vaccine are now being offered to children aged 12 to 15 to give them the best protection against COVID-19.
  - Anyone aged 18+ is eligible for a booster vaccination, 3 months following their 2nd dose. A booster dose of the coronavirus (COVID-19) vaccine, 3 months after the second dose, helps improve the protection you have from your first 2 doses of the vaccine. It helps give you longer-term protection against getting seriously ill from COVID-19.
  - For the booster vaccination, online bookings are now available for all those 18 and above and who had their second dose 3 months ago. If you are over 18 and eligible you do not need to wait to receive an invite from the NHS, you can book an appointment online - <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>
  - We are encouraging people to book a slot to guarantee their vital vaccination to help manage long queues forming at many of our walk-in clinics. Information about walk in clinics are updated on our website regularly at: [Walk-in and pop up vaccination clinics - South West London CCG \(swlondonccg.nhs.uk\)](#)
- FAQs are continually updated on the CCG website and can be found here - [Your questions - South West London CCG \(swlondonccg.nhs.uk\)](#)



# Why is it important to get vaccinated?

- When enough people get vaccinated, it's harder for a disease to spread to those who can't have vaccines.
- Getting vaccinated protects you, your family, friends, and community and it's much safer for your immune system to learn to fight illnesses through vaccination than by catching and treating them.
- Research has shown the vaccines help reduce your risk of getting seriously ill or dying from COVID-19, reduce your risk of catching or spreading COVID-19 and protect you against COVID-19 variants. Young people are also at risk of developing [Long Covid](#), so it is just as important for them to have the protection of a vaccine.
- There is a chance you might still get or spread COVID-19 even if you have a vaccine, so it's important to follow advice about how to avoid catching and spreading COVID-19.



# What vaccines are currently available to you?

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- Pfizer/BioNTech
- Oxford/AstraZeneca COVID-19
- Moderna vaccines are currently available
- Under 18's will only be offered the Pfizer/BioNTech vaccine
- If you're pregnant or under 40 you'll usually be offered appointments for the Pfizer/BioNTech or Moderna vaccines
- Booster vaccinations will be Moderna or Pfizer/BioNTech.
- Vaccines have to pass their rigorous tests on safety and efficacy, so people should be assured that whatever vaccine they get will be safe and effective.



# Who will get the COVID-19 vaccine and when

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- The NHS is currently offering the COVID-19 vaccine to everyone over the age of 12. The Booster vaccination is available for everyone 18 and over who had their 2<sup>nd</sup> dose three months ago or more.
- In England, the vaccine is being offered in large mass vaccination sites, hospitals, pharmacies, and local vaccination centres run by GPs.
- We are encouraging people to book a slot to guarantee their vital vaccination to help manage long queues forming at many of our walk-in clinics.
- Information about walk in clinics are updated on our website regularly at: [Walk-in and pop up vaccination clinics - South West London CCG \(swlondonccg.nhs.uk\)](https://www.swlondonccg.nhs.uk/walk-in-and-pop-up-vaccination-clinics)





# Boost your Immunity this Winter

- With two virus's in circulation this year, it is more important than ever for those who are eligible to have the **COVID-19 booster** and the **flu** vaccines this winter.
- This will help reduce the number of people becoming unwell, as both the COVID-19 and flu viruses can develop into a serious illness which may mean you need to go to hospital. In fact, research shows that if you get both flu and COVID-19 at the same time you are more likely to get seriously ill.
- Both vaccines help to protect people from the worst outcomes, whilst reducing the spread of the viruses and helping to protect your family, friends and the wider community.



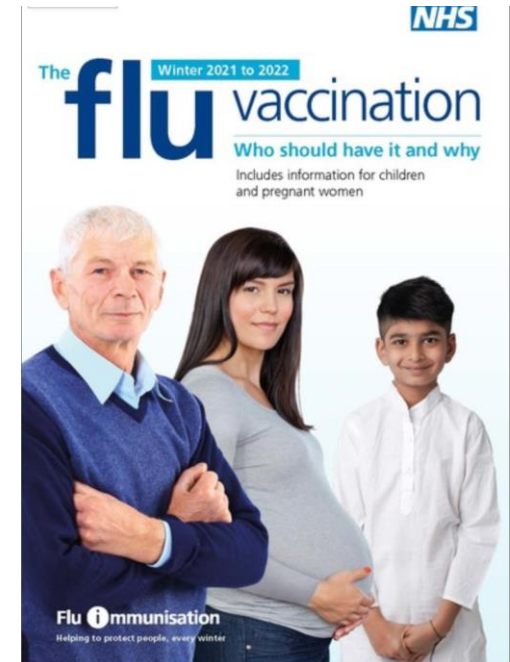
# The Flu Vaccine

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- The flu vaccine is a safe and effective vaccine. It's offered to help protect people at risk of getting seriously ill from flu each year. The flu vaccine is free for eligible cohorts.
- The best time to have the flu vaccine is in the autumn or early winter before flu starts spreading. But you can get the vaccine later.

The flu vaccine is given free on the NHS to people who:

- are 2 to 18 years old.
- are 50 and over (including those who will be 50 by 31 March 2022)
- have certain health conditions
- are pregnant
- are in long-stay residential care
- receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
- live with someone who is more likely to get infections (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus or rheumatoid arthritis)
- frontline health or social care workers





# COVID Testing

## WITH SYMPTOMS

### PCR Tests

### WHEN TO TAKE THE TEST

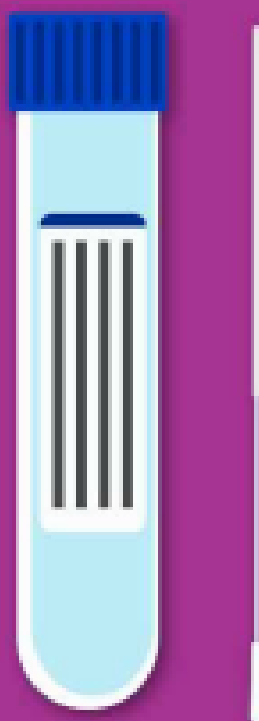
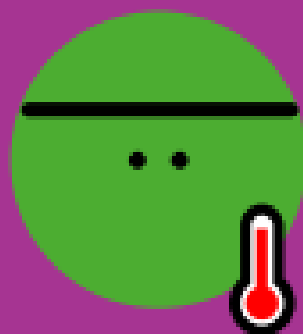
- If you have Covid-19 symptoms
- To confirm your positive lateral flow test results

### HOW LONG IT TAKES

- These tests are processed in labs
- Up to 72 hours, most results the next day

### GET A TEST

- Order online
- At a test site
- Call 119



## WITHOUT SYMPTOMS

Lateral flow tests (LFT) also known as Rapid COVID-19 tests

### WHEN TO TAKE THE TEST

- if you will be in a high risk situation that day
- before you visit [people who are at higher risk of severe illness](#) if they get COVID-19
- If you have been told that you are a contact of someone who has COVID-19 but you do not have to self-isolate
- If you are a frontline worker (employer to advise)

### HOW LONG IT TAKES

- Results processed by test device
  - Around 30 minutes

### GET A TEST

- Order online
- At a test site
  - Call 119
- Or collect from your school or place of work if they are providing these

**TEST RESULTS MUST BE REGISTERED ONLINE. IF YOUR TEST IS POSITIVE YOU WILL NEED TO ISOLATE AND BOOK A PCR TEST IMMEDIATELY**



# What happens if I test positive?

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- Self-isolate for ten full days – day of test / beginning of symptoms plus a further ten days
- X work / office
- X school
- X taxis, public transport
- X trips for foods /medicine
- X stay away from others in your family as much as possible
- You should be contacted by the Test and Trace service – close contacts
- Tell your employer
- Get help and support via you local council



# What happens if I'm a close contact of a case

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- Do I need to self-isolate?
  - No, if you have taken up the opportunity to get vaccinated
    - 2 doses of vaccine
    - Under 18 years and 6 months
    - Vaccine trial or Unable to get vaccinated for medical reasons
- Still need to be careful!
  - Work from home if you can, reduce your social contact with others outside your home especially those who are high-risk
  - Take a ***Lateral Flow Test – one a day for 7 days***
- Get a ***PCR test if you develop symptoms***



# Staying well over Winter

## Health tips for winter weather



Wrap up warm when you go out, and make sure that your shoes have a good grip.



Use a hot water bottle or an electric blanket to stay warm in bed – but not both.



Wear multiple layers of clothes when you can, rather than a single bulky layer. This will help you retain body heat.



Make sure you're receiving all the help to heat your home that you are entitled to.



Have at least one hot meal a day, and try to drink hot drinks regularly. Keep active – try not to sit still for more than an hour indoors.



Keeping an eye out for elderly relatives and neighbours and supporting them in the cold weather can help them Stay Well This Winter.

Find more information here: <https://www.nhs.uk/live-well/healthy-body/keep-warm-keep-well/>



# Staying well over winter

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## YOUR NHS HERE FOR YOU



Know where to go should you need medical advice



### SELF CARE

For basic ailments such as cuts, grazes and an upset tummy



### PHARMACY

Advice on ailments, medicines and healthier living



### NHS 111

Call 111 FREE, 24 hours a day, 365 days a year, or access the service online [111.nhs.uk](https://111.nhs.uk)



### GP

Call your practice or visit their website to make an appointment for an illness or injury that won't go away



### 999

Life-threatening emergencies only





# Where you can go for support over Christmas



## **Samaritans**

[116 123](tel:116123)

Samaritans are open 24/7 for anyone who needs to talk.



## **NHS 111**

111

Non-emergency medical help and advice for people in England.



## **Money Helper**

[0800 138 7777](tel:08001387777)

Provides free and impartial money advice.



## **Shout**

[85258](tel:85258) (text SHOUT)

Confidential 24/7 text service offering support if you are in crisis and need immediate help.



## **The Silver Line**

[0800 4 70 80 90](tel:08004708090)

Provides support, information, friendship and advice for older people (over 55) who may feel lonely or isolated.



## **Stand Alone**

[standalone.org.uk](http://standalone.org.uk)

Charity supporting adults who are estranged (not in contact) from their family.



## **Survivors of Bereavement by Suicide (SOBS)**

[0300 111 5065](tel:03001115065)

[uk-sobs.org.uk](http://uk-sobs.org.uk)

Emotional and practical support and local groups for anyone bereaved or affected by suicide.



## **Switchboard**

[0300 330 0630](tel:03003300630)

[switchboard.lgbt](http://switchboard.lgbt)

Listening services, information and support for lesbian, gay, bisexual and transgender communities.



## **The Trussell Trust**

[trusselltrust.org](http://trusselltrust.org)

Emergency food and support for people in need. Includes a searchable list of local foodbanks.





## **Papyrus**

Our advisers are all trained to help you focus on staying safe from suicide. For under 35s.  
**Call 0800 068 41 41** – 9am to midnight every day  
**Text 07860 039967**  
**Email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)**

# Managing COVID-19 at home – social media messaging




With an increase in Londoners testing positive over the festive period, we have developed some messaging and assets that can be used on Twitter and Facebook to signpost people to NHS advice for managing COVID-19 at home.

Download all assets from [Google Drive](#).

| Type  | Message   | Image   |
|---|---|---|
| <b>General self-care when isolating with COVID-19</b> | Most people with coronavirus feel better within a few weeks. For NHS advice on how to look after yourself at home while self-isolating, visit <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-to-treat-symptoms-at-home/">https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-to-treat-symptoms-at-home/</a>   |    |
| <b>Mental health</b>                                  | Taking care of your mind as well as your body is really important if you are self-isolating because of coronavirus. Staying connected to others and talking about your worries can help. Visit #EveryMindMatters for more advice: <a href="https://www.nhs.uk/every-mind-matters/coronavirus/mental-wellbeing-while-staying-at-home/">https://www.nhs.uk/every-mind-matters/coronavirus/mental-wellbeing-while-staying-at-home/</a> |  |



# Managing COVID-19 at home – social media messaging

| Type                                    | Message   | Image   |
|---|---|---|
| <b>Support from friend or neighbour</b> | If you're self-isolating at home with coronavirus, ask a friend, family member or neighbour to check up on you. Arrange a regular call or talk through a doorway (not face to face) so they know how you're doing. For more advice, visit <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-to-treat-symptoms-at-home/">https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-to-treat-symptoms-at-home/</a> |    |
| <b>Volunteer support</b>                | NHS Volunteer Responders can help collect medication and food if you're isolating at home because of coronavirus. If you or someone you know needs support, register with @NHSVolResponder now: <a href="https://nhsvolunteerresponders.org.uk/services">https://nhsvolunteerresponders.org.uk/services</a>   |    |
| <b>Managing side effects</b>            | If you're at home with coronavirus, it's important to rest, drink plenty of fluids and take painkillers if you feel uncomfortable. If you start to feel more unwell or breathless, visit <a href="https://111.nhs.uk">111.nhs.uk</a> .  |  |

