

NATIONAL LOCKDOWN STAY HOME

PROTECT THE NHS, SAVE LIVES

Important information and advice from Redbridge Council

We have been living with the impact of COVID-19 for nearly a year. Throughout that time, we have relied on scientific and medical advice to guide us on how best to control the spread of the virus to protect lives as a vaccine is developed.

We now have three approved vaccines and a vaccination programme that is being rolled out nationally and locally.

However, as welcome as these vaccines are, we do not know how effective they will be at stopping the virus from spreading. There is still a chance that people who are vaccinated can spread the virus onto others so we must all still be careful.

It will also take some time for everyone to be vaccinated. So, the vaccines provide a light at the end of the tunnel, but the tunnel is still very long.

This means that vaccination alone will not stop the virus spreading, save lives, and enable us to get back to a more open way of life. It is only part of the solution: we also all need to keep following the government guidelines. If we come into contact with someone who has the virus, or have symptoms of the virus ourselves we must take a COVID-19 test as set out here, self-isolate, and follow the Hands, Face, Space rules.

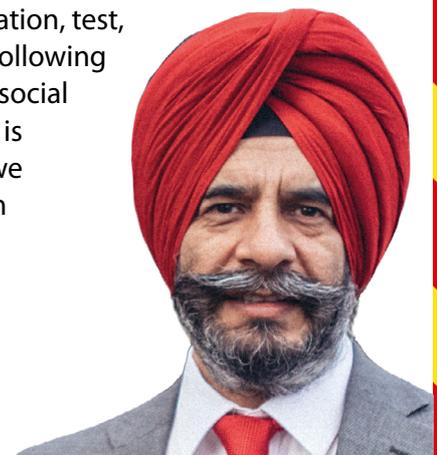
There are different ways you can get a COVID-19 test:

- if you have symptoms, you can go to one of our permanent test sites or order a home test kit through the national portal
- if you don't have symptoms, and you need to leave home to work you can take a lateral flow (rapid results) test at named locations in Redbridge

Outside of lockdown, we have also been offering people tests on their doorsteps in areas where we know the virus is particularly high. We are still learning about COVID-19 and we cannot afford to take risks because the price is too high.

To get to the end of the tunnel we must control the spread, and the scientific and medical evidence shows we will only do that through a combination of vaccination, test, trace and isolate, and following the hand hygiene and social distancing rules. There is no silver bullet, but if we all play our part we can overcome COVID-19.

Councillor Jas Athwal
**Leader of
Redbridge Council**

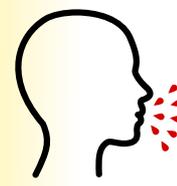


If you have COVID-19 symptoms

- self-isolate for 10 days but get tested as soon as you can
- book a test by calling the NHS on 119 or visit www.redbridge.gov.uk/gettested to find details on how to book a test at one of our three permanent testing sites:



a high temperature



a new, continuous cough



a loss or change to your sense of smell or taste

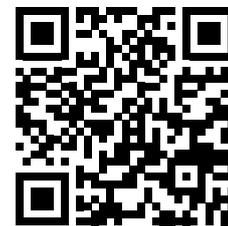


Mildmay Road Car Park 1 Mildmay Road, Ilford, IG1 1HW

Gants Hill Library Car Park Cranbrook Road, Ilford, IG2 6SX

Charteris Car Park Charteris Road, Woodford, IG8 0AL

Or order a home test kit online - scan the QR code here 



If you're told to self-isolate you may be entitled to financial support. Find out more at www.redbridge.gov.uk search self-isolation

Are you unable to work from home? Get your rapid COVID-19 test now

- Lateral Flow Device tests, also known as rapid testing, are now available if you are unable to work from home and don't have COVID-19 symptoms. Please find more information at



www.redbridge.gov.uk/gettested

There are currently three sites, located at:

- **Redbridge Central Library**
Ilford, IG1 1BP
- **Wanstead Youth Centre**
144 Elmcroft Avenue, E11 2DB
- **Hainault Library**
100 Manford Way, Chigwell, IG7 4DD

If you need to leave home for work, you should get tested twice a week at the nearest test centre.

- the sites are open 10am-7pm daily
- walk-in appointments are available, but it is best to book an appointment online
- the tests are quick and convenient, delivering results in under 30 minutes
- if you test positive, you will need to self-isolate alongside the rest of your household
- if you test negative, you still need to follow the Hands, Face, Space guidelines to **#KeepRedbridgeSafe**



Please ensure you wear a face covering when you attend a test centre



Hand sanitisers will be available across all of our venues

You may receive a visit from us

Redbridge Council staff are currently going door to door between 10am and 6pm to provide key information and advice on COVID-19 and to offer a free home testing service.



You don't have to have symptoms to take the test. All tests will be delivered and picked up from your doorstep by a trained team member. They will wait outside your property while you take the test and register it on your mobile device.

The team will:

- be wearing PPE and a London Borough of Redbridge high visibility vest
- maintain a safe distance
- assist you as much as possible in administering your test and registering it
- have ID stating they are working on behalf of Redbridge Council

They will not:

- ask you for any personal details
- request payment for any services
- require access to your property

If you have concerns about anyone knocking on your door claiming they are working on behalf of Redbridge you can call 020 8554 5000 for confirmation.

Shielding

If you are clinically extremely vulnerable (CEV) you should register with the National Shielding Support System. If you have previously shielded, or have a medical condition you think makes you CEV, please talk to your GP as they may be able to help. But if you can't or don't want to speak with your GP you can register yourself and your vulnerability will be checked against your medical records with your GP. **If you are CEV and registered with the National Shielding Support System, you can:**

- get access to priority supermarket deliveries
- confirm whether you're likely to need additional support
- update your details - for example, your address

You can register yourself, or on behalf of someone else. If you've already got priority supermarket deliveries, you'll keep them. You can also register your support need with the NHS Volunteer Responders programme.



Coronavirus well-being service

If you are at risk and need emergency support

Open Monday to Friday 9am-5pm

Call us on **020 8708 5555**

visit us at www.redbridge.gov.uk/well-being-service

COVID-19 Vaccinations

The COVID-19 vaccination programme is already happening in Redbridge, with those who are most vulnerable being offered a vaccination first.

The evidence shows that age is the most important risk factor and the Joint Committee on Vaccination and Immunisation has set national guidelines to prioritise who should be offered the vaccine first. The first four priority groups are:

1. residents in a care home for older adults, and their carers
2. everyone aged 80 or older, and frontline health and social care workers
3. everyone aged 75 or older
4. everyone aged 70 or over and people who are clinically extremely vulnerable

Just like many other vaccines, you will need to have two vaccinations – an initial vaccination and then a booster within the next 12 weeks.

Once you have had your first jab you will be contacted within 12 weeks of that date for your second jab.

If you are aged 80 or older, and you haven't yet been invited for your first vaccine, please contact your GP.



For everyone else, please wait to be contacted and invited for your vaccine.

Please play your part by:

- waiting for your invitation
- making sure you keep your appointment and arrive on time
- calling 020 3770 1888 if you need to cancel your appointment

Some people may be anxious about having any of the COVID-19 vaccines, but they have been rigorously tested and approved for use. The clinical trials for the vaccines included people of different ages, genders and ethnicities including people from BAME communities. More than 5 million people in the UK have already had one of the vaccines.

How does the COVID-19 vaccine work?

Most vaccines work by triggering an immune response from a weakened or inactive germ that causes the disease. The COVID-19 vaccine works by giving our body a set of instructions to make a harmless 'spike protein' which will create the antibodies and cells required to fight off coronavirus. As there is no whole or live virus involved, the vaccine cannot cause disease.

How effective is the COVID-19 vaccine?

The 1st dose of the COVID-19 vaccine should give you good protection from coronavirus. But you need to have the 2 doses of the vaccine to give you longer lasting protection.

There is a chance you might still get or spread coronavirus even if you have the vaccine. This means it is important to:

- continue to follow social distancing guidance
- if you can, wear something that covers your nose and mouth in places where it's hard to stay away from other people

Protection against the new strain

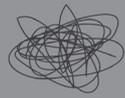
It is normal for a virus to change, that is why the flu vaccine changes every year. But there is no evidence that the COVID-19 vaccines won't work against the new strain in the UK.

Watch our public meeting held on 20 January here on our YouTube channel with local health experts



Don't suffer in silence

It's completely normal to feel bored, frustrated, or lonely with everything that is currently happening. Please remember to take care of your mind and your body and get help if you need it.



If you need support with your mental health and wellbeing or someone to talk to, please call your GP. You can also visit our wellbeing page at www.redbridge.gov.uk/coronavirus-information-hub/your-health-and-well-being/

Business support

Supporting our local businesses throughout the pandemic is key priority for us.

The government has announced several schemes to support businesses affected by local COVID-19 restrictions.

Grants currently open for applications include:

- [Local Restriction Support Grants](#) (for open and closed businesses)
- [Christmas Support Payment](#) (for wet-led pubs) closes 31 Jan.
- [Additional Restriction Grant \(ARG\)](#) (a discretionary scheme for businesses unable to claim alternative grants)

For further information about these grants and others available to you please visit our website at www.redbridge.gov.uk/coronavirus-business-grants or check the government's coronavirus support finder www.gov.uk/business-coronavirus-support-finder



National lockdown rules

You can only leave the house for the following reasons:



- shop for basic necessities, for you or a vulnerable person. When you go to the supermarket, you should go alone, unless you need to bring a young child with you or you are supporting someone who is vulnerable or has a disability
- go to work, or provide voluntary or charitable services, if you cannot reasonably do so from home
- exercise with your household (or support bubble) or one other person, this should be limited to once per day, and you should not travel outside your local area
- meet your support bubble or childcare bubble where necessary, but only if you are legally permitted to form one
- seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse)
- attend education or childcare - for those eligible

If you require these services please call:

Customer Services	020 8554 5000
Housing	020 8708 4002
Council tax	020 8708 5670
Benefits	020 8708 5690
Adult Social Service	020 8708 7333
Children's Services	020 8708 3885

All the above services are open from 9am to 5pm Monday to Friday

Customer Services are open from 8am to 6pm Monday to Friday

For translated and accessible information visit the coronavirus information hub at www.redbridge.gov.uk

Stay up to date with our social media channels



www.facebook.com/redbridgelive



www.twitter.com/redbridgelive



www.instagram.com/redbridgecouncil



www.redbridge.gov.uk