

Local Outbreak Management Plan for Redbridge

October 2021 Update: short summary

Principal prevention measures

Primary prevention is all about stopping us catching Covid-19. Our best methods for achieving this remain:

- Social distancing – keeping a 2-metre distance between each other when meeting people socially or going about our daily lives in public spaces,
- Face coverings – covering our mouth and nose with a face covering when on public transport or in other enclosed public spaces where social distancing is difficult,
- Hygiene – keeping good hand hygiene and using tissues when coughing and sneezing protects against Covid-19 and other respiratory diseases,
- Ventilation – maintaining good ventilation in indoor spaces to avoid concentration of the virus in the air around us,
- Isolating and testing when we have symptoms – if we are concerned, we may have been infected, we need to stay at home and arrange for a PCR test to confirm this. If our test is positive, we need to isolate for 10 days from the start of the symptoms or from the test date if we have no symptoms,
- Contact tracing – there are national and local contact tracing systems in place to identify people who may have been exposed to the virus. If we are contacted by them, we need to provide the best information we can to them and follow their instructions for isolation and testing,
- Vaccination – follow the national guidance on getting the appropriate vaccine and number of doses, at the right time.

Further prevention measures

Secondary prevention is all about minimising the impact of Covid should we become infected. We know that we are more at risk of worse outcomes for Covid if we have other long-term conditions (like cardiovascular disease or diabetes for instance), or if we have other acute infections like flu. Redbridge is working across all our partners to reduce the numbers of people with these long-term conditions and to ensure people who are at higher risk have access to flu vaccinations as well as Covid vaccinations.

National Autumn and Winter Plan

The Government has set out its autumn and winter plan for continued tackling of Covid. Its key objectives are to:

- Build our defences through pharmaceutical interventions: vaccines, antivirals and disease modifying therapeutics.
- Identify and isolate positive cases to limit transmission: Test, Trace and Self-Isolation.

- Support the NHS and social care: managing pressures and recovering services.
- Advise people on how to protect themselves and others: clear guidance and communication.
- Pursue an international approach: helping to vaccinate the world and managing risks at the border.

In addition to this, the plan includes contingency should the NHS come under what is unsustainable pressure. This would include mandatory vaccine status certification for certain settings, and mandatory wearing of face coverings in certain settings.

Testing for Redbridge residents

Testing through both PCR (confirmation of Covid presence in the body) and LFD (quick screening for when an infection is there but there are no symptoms evident) is available in Redbridge through a variety of routes:

- Home test kits – both PCR and LFD tests can be ordered for home delivery at the following link <https://www.gov.uk/get-coronavirus-test>,
- Visiting a test site – you can attend a supervised test site to undertake either PCR or LFD tests. There are fixed Local Test Sites at Gants Hill Library Car Park (IG2 6SX) and at Charteris Road Car Park (IG8 0AL) operating every day. There is a Mobile Test Unit that visits Mildmay Road Car Park Monday to Friday (IG1 1DT),
- Door to door testing – Redbridge provides a door-to-door service which offers home testing and information about other public health services, in targeted areas across the borough.

Vaccination for Redbridge residents

London Borough of Redbridge is working to support NHS partners with the rollout of the Covid vaccine for residents of the borough. Covid vaccination can be accessed through GP practices, through NHS clinical sites, through clinics at the Redbridge Town Hall and Sir James Hawkey Hall Council sites, and through a programme of pop-up sites across the borough. Information about clinic schedules and access times can be found at <https://www.redbridge.gov.uk/coronavirus-information-hub/>.

All individuals aged 12 and above are eligible for Covid vaccination. People aged 12-17 years are advised to have one dose of vaccine. People aged 18 and above are advised to have two doses initially and then a booster dose six months after that. Provision of vaccine for 12-17 year olds is initially provided through clinics run on school sites but anyone missing these sessions can access the vaccine through the GP or through other clinics run for this purpose <https://www.redbridge.gov.uk/health-and-wellbeing/redbridge-vaccination-catch-up-clinics/>.

Support for self-isolation

All positive cases and contacts of cases who are over 18 and who have not had at least two doses of Covid vaccination (more than 14 days previously) are required to isolate for 10 days from the date of first symptoms (or date of test if it is an asymptomatic case). Where individuals may face hardship from such isolation, for instance where isolation would leave them without ability to acquire food or medication, the Redbridge Wellbeing Service can provide assessment and support as above. From 28 September 2020, where an individual has received a positive Covid-19 test result or has been notified by the NHS to self-isolate because of close contact with someone who has Covid-19, they may be eligible for a £500 lump sum support payment. Payments will only be made for people with a positive diagnosis and a valid unique 8-digit reference number. Information can be found at the following link <https://eforms.redbridge.gov.uk/covid-19-financial-support-during-self-isolation/>.

Enduring transmission and living with Covid

Redbridge is preparing for enduring transmission and living with Covid in a secure manner. The objectives for managing enduring transmission are as below:

- To have sustainably low transmission rates of Covid to enable a progressive and careful re-opening of the economy and social life,
- To have confidence in our understanding of what works and what does not work locally,
- To have a very high vaccine uptake especially across those population cohorts who at highest risk,
- To have articulated and piloted how key sectors of our economy can re-open safely,
- For businesses to have applied this advice and are opening safely,
- To have strong test, trace, and isolate performance,
- To have leadership and communications which articulate the borough direction of travel and everyone's role,
- To have every sector of the economy compliant with Covid secure measures,
- To have the surveillance in place to ensure early reaction to poor compliance, and the enforcement tools and political buy in to support and enable this,
- To have a high level of population understanding of and compliance with key measures,
- To have a recovery plan to address the health and economic impacts,
- To have the multi-faceted surveillance programme needed for suppression and preparedness.

The main Local Outbreak Management Plan contains much more detail on all the prevention measures above and is available at: <https://www.redbridge.gov.uk/coronavirus-information-hub/local-outbreak-plan/>