

# COVID Information Champion Update

## 10 March 2021

### COVID vaccinations

If you are aged 56 + and haven't had your first COVID vaccine, you can book an appointment via the [national booking service](#) or by calling 119 (between 7am and 11pm, Monday - Sunday). If you would like to get your vaccination at your GP hub, rather than at a site on the national booking system, wait for your GP to contact you.

Over 414,930 people in Hertfordshire & west Essex have received their first dose of the vaccine. Across England, over 18 million people have received the vaccination (one third of the adult population).

### Vaccine Resources:

[Herts Care Providers Association](#)

[Herts and west Essex Health and Care](#)

[Academy website](#)

[BBC Asian Network Resources](#)

### Lateral flow testing – schools

Children returned to schools on 8 March. Secondary school students are being tested 3 times a week in the first two weeks of school, before being provided with two tests per week to use at home. Parents and carers are being encouraged to get two rapid tests a week. Regular testing should help reduce the spread of the virus in the community and protect vulnerable people.

You can order or collect kits to test your household, childcare bubble or support bubble if at least one member is a school or college pupil or works in a school or college. More information at: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

### Keep on doing the basics:

- make sure we wash our hands regularly and thoroughly
- keep our distance from others
- wear a face-covering when required
- self-isolate when told to do so

### Rapid COVID Testing for Hertfordshire Key Workers

Anyone without coronavirus symptoms can now get a rapid test. Anyone who cannot work from home is encouraged to book a test every few days.

To book a test, visit: [www.hertfordshire.gov.uk/rapidtest](http://www.hertfordshire.gov.uk/rapidtest). Results will be available in 45 minutes. If you have coronavirus symptoms, book a standard PCR test at: [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

### Shielding

A new cohort of residents have been identified as clinically extremely vulnerable (CEV) and have been asked to start shielding. Over 12,000 Hertfordshire residents have been contacted by Hertfordshire County Council and are being advised to register for support at <http://www.gov.uk/coronavirus-shielding-support>. For financial or practical help and advice with the cost of food or fuel this winter, please get in touch with HertsHelp [www.hertshelp.net](http://www.hertshelp.net) - email [info@hertshelp.net](mailto:info@hertshelp.net) or call 0300 123 4044.

For more information and guidance for residents and businesses during the pandemic please visit [www.hertfordshire.gov.uk/coronavirus](http://www.hertfordshire.gov.uk/coronavirus)