

## COVID-19 community update in Hampshire w/c 3 May 2021

Please share, pass on, translate, or promote any or all these messages.



### Roadmap out of lockdown – step 2: non-essential retail open

- While lockdown is eased, simple behaviours can still make a big difference – keep following the rules of **Hands, Face, Space – and let in fresh air**.
- Translated and accessible information on COVID-19, including vaccination, can be found [here](#).

### Travel advice:

- People can check [here](#) to see which countries are on the 'red list'. If someone has been in or through any of the countries red-listed in the previous 10 days, they will be refused entry to the UK unless they are a British or Irish National, or have residence rights in the UK, and they must then quarantine in a Government-approved hotel for 10 days.
- The Nepalese government has [suspended flights](#) as cases of COVID rise in the country. People returning recently from Nepal should follow UK government advice [here](#) and quarantine for 10 days and take a COVID test on day 2 and day 8 of quarantining.
- [Sign up to get an email alert](#) whenever this Gov.uk page is updated to make sure you know the latest travel changes.

### COVID-19 vaccination:

- More than 34 million people in the UK - more than half the population - have now received at least one dose of a vaccine. In Hampshire and the Isle of Wight, over 1.36m COVID vaccines have been delivered, and 97% of over 50s have had their first dose. On the 30 April the vaccine rollout opened to [over 40s](#). Anyone aged 40 and over can currently book an appointment on the [NHS UK website](#) or call 119.
- You can find out [on the NHS website](#) who is allowed to book a COVID vaccine.
- Celebrities including Sir Lenny Henry and Lydia West have joined forces to tackle coronavirus vaccine hesitancy in a [new short film](#). The film was commissioned by Professor the Lord Ara Darzi, co-director of the Institute of Global Health Innovation, Imperial College London and Consultant Surgeon at Imperial College Healthcare NHS Trust.

- Professor Darzi said: “Vaccines offer us the best chance of returning to normal life, and we are very fortunate to have a growing number of highly safe and effective vaccines that are already being shown to cut deaths and hospitalisations from the virus.”
- Local community transport and voluntary schemes are offering vaccination transport services. If you need help getting to your vaccination contact:

[Community First](#) - Basingstoke, East Hampshire, Fareham & Gosport, Havant, New Forest, Winchester

[Basingstoke Neighbourcare](#) Tel: 01256 423855

[One Community \(Eastleigh\)](#) Tel: 023 8090 2400

[Hartley Wintney Voluntary Care](#) Tel: 0845 519 0855

[Locks Heath Communicare](#) Tel: 07002 456689

[Rushmoor Voluntary Services](#) Tel: 01252 398450

[Communicare in Southampton](#) Tel: 023 8021 6016

[Southampton Dial a Ride](#) Tel: 023 8022 2289

[Unity \(Test Valley\)](#) Tel: 01264 356808

[Good Neighbour Groups](#) - countywide

- A TV advert promoting the COVID-19 vaccine - featuring the slogan "[every vaccination gives us hope](#)" - aired on the 29 April, to encourage people to get either their first or second jab.

### Testing:

- People without symptoms of coronavirus can access free, rapid lateral flow tests for themselves and their families to use twice a week from selected pharmacies, regional and local test sites (**afternoons only**) and [via online home delivery](#). Please note **this is for people with no symptoms of COVID-19**. Get into the habit of regular testing twice a week and recording the result, to help stop the spread of the virus and protect your loved ones. Full instructions are included with the test kits, and you can [request a translations service online](#) or by calling 119. It is very important to report **all** results from lateral flow tests.
- Information about testing with or without symptoms and about test kit collection (for people without symptoms), including all the pharmacy and test site locations and opening times, can be found [HERE](#).
- If you get a positive result from a lateral flow test, you and your household must [self-isolate](#) immediately and [book a PCR test](#) within two days.
- If you are displaying [symptoms of COVID-19](#), you should [book a PCR test](#).

Thank you for your continuing support to **#KeepHampshireSafe**