

COVID-19 community update in Hampshire w/c 7 June 2021

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



Government urging caution under Step 3 easing of restrictions

- We can now socialise more, meeting in groups of 6 or 2 households indoors, but simple behaviours will still make a difference – keep following the rules of **Hands, Face, Space – and let in fresh air.**
- In order to reduce potential impact from new variants, it is critical for everybody to continue to do 4 things:
 1. observe Hands, Face, Space rules
 2. take up a vaccine when eligible - they have been shown to be effective against all variants and it is important to have the full course of **both** doses for [full protection](#)
 3. carry out a test twice a week if you have no symptoms
 4. isolate if you have symptoms and get a PCR test
- Translated and accessible information on COVID-19, including vaccination, can be found [here](#).

COVID-19 vaccination:

- Video messages encouraging take up of the COVID-19 vaccination from faith leaders and members of the Hampshire and Isle of Wight Local Resilience Forum Interfaith Network are available [here](#) in Bengali, Gujarati, Hindi, Pashto, Urdu and Arabic.
- First vaccinations are now being offered to younger adults in the UK - anyone over 25 can currently book an appointment for a vaccine on the [NHS UK website](#) or by calling 119. If you are in any age group eligible for vaccination but haven't booked an appointment yet, it's not too late to get your first dose.
- The time between the two vaccine doses has been shortened from 12 to between 8 and 12 weeks for some people in high risk groups. Those who are eligible will be contacted by the NHS or their GP to book an appointment, or can book their second appointment [here](#).
- [Leading dating apps](#) are to allow people to use stickers to show their vaccination status. YouGov poll shows 59% of adults would either prefer their date to be vaccinated or would not date an unvaccinated person
- Is it difficult for you to get to your vaccine appointment? Local community transport and voluntary schemes are offering free vaccination transport services. If you need help getting to your vaccination appointment, 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

Testing:

- Testing can help those who returned to school this week to stay safe. While case numbers are low, they are highest among secondary school ages (11-16 year olds). Regular testing helps children stay in school safely.
- Information about testing with or without symptoms, and about test kit collection for people without symptoms, can be found [here](#).
- The [main symptoms](#) of coronavirus (COVID-19) are:
 - a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
 - a new, continuous cough – this means coughing a lot for more in an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
 - a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal
- Most people with symptoms have at least 1 of these.
- If you get a positive result from a lateral flow test either at a pharmacy or at home, 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**