

**COMMUNITY LEADERS WEEKLY MESSAGE – INFORMATION TO SHARE AS A LEADER,  
INFLUENCER AND A TRUSTED VOICE WITHIN THE ISLINGTON COMMUNITY**  
18<sup>th</sup> January – 24<sup>th</sup> January 2021

**Latest news updates**

**Covid-19 Vaccine – key updates**

Islington Council, together with NHS and voluntary and community organisations is working closely together to deliver the Covid-19 Vaccination.

There is no doubt that this the NHS's largest and most complex vaccination programme. It is being rapidly ramped up across Islington and the speed at which the vaccine is offered to people really depends on how quickly the vaccine is delivered to vaccination sites.



An [independent group of experts](#) has recommended that the NHS first offers Covid-19 vaccines to those at highest risk of catching the disease and of suffering serious complications or dying from Covid-19. This includes:

- Older adults resident in a care home
- Care home workers
- All those 80, followed by 70 years and over
- Health and social care workers



**As Covid-19 Community Leaders, you can play a really pivotal role in helping us share key messages about the rollout of the Covid-19 vaccine. This includes:**

- Reassuring people that if they are in a priority group, then they will be offered a vaccine **so they should not contact the NHS or your GP to ask about the vaccine.** They will be called in as soon as there is enough vaccine available.
- You can sign post people to further information [about why they might have to wait to get the vaccine](#). The NHS have also produced [a handy leaflet](#), explaining why you might have to wait to get a vaccine even though you are in a priority group. This has been translated into [Albanian](#), [Polish](#), [Romanian](#), [Spanish](#), [Tagalog](#) and [Turkish](#).

- Please also see a document which has been produced by The British Board of Scholars & Imams (BBSI) – [Top 10 questions Imams and Scholars get asked about vaccines](#)
- You can let people know that the vaccine is free but that you will need to be registered with a GP to access it. If you have never had NHS care or treatment, you can [register with a GP here](#).
- Keep reminding people that although the Covid-19 vaccine is massive step forward in the fight against coronavirus it's really important that everyone continues to wash their hands regularly, social distance and wear a face covering.

## Myth busting

### Let's bust some Myths

Every week we will be busting myths which you are hearing in your communities. If you hear something that doesn't sound right or you're not sure what the truth is, get in touch and we'll help sort the facts from the fiction!



**I've heard that you can get really serious side effects from the Covid-19 Vaccine.**



**These vaccines are safe and effective for the majority of people as they have been tested on tens of thousands of people and assessed by experts.**

Most side effects of the Covid-19 vaccine are mild and should not last longer than a week, such as: a sore arm where the needle went in, feeling tired, and a headache, feeling achy or feeling/being sick. This is similar to many other vaccines and you can take painkillers such as paracetamol if you need to.

[Find out more about what to expect after you have had your vaccine.](#)



**I have also heard that you can have a really serious allergic reactions (anaphylaxis) to the Covid-19 Vaccine and so I'm worried about having it.**



**Serious allergic reactions are really rare. There were two reports of serious allergic reactions to the Pzfer/BioNTech vaccine however both individuals had a history of anaphylaxis.**

The NHS recommends that you should not get the vaccine if you've ever had a serious allergic reaction to a previous vaccine, a previous dose of the same Covid-19 Vaccine or some medicines/household products or cosmetics.

Everybody will also be screen for potential allergic reactions before getting vaccinated. In the extremely unlikely event you have an allergic reaction, vaccinators are trained and all venues are equipped to treat them immediately.

**Next drop-in session: Tuesday 19 January**

**\*\*\*UPDATE\*\*\***

**The next weekly Community Conversation drop-in session will be on Tuesday 19<sup>th</sup> January between 5:15pm and 6:30pm**

We are holding these meetings via Zoom. Please email [kevin.turner@islington.co.uk](mailto:kevin.turner@islington.co.uk) if you would like to be added to the mailing list.

**Spotlight on...**

### **Kick start 2021 by getting active!**

We know that some people are concerned and anxious about COVID-19 right now, but we also know that being active can be a genuine antidote. Going outside can offer a welcome change of scene, and even a few home exercises can improve our mood.



Being physically active is important for keeping a healthy body and mind at every stage of life. Being active reduces the risk of developing many diseases, including diabetes, heart disease and certain cancers. It also improves mental health, sleep, concentration and mood.

When it comes to exercise, some is good, but more is better – the more active you are, the greater the health benefits. Remember, every minute counts!

Read on for some of our top suggestions for getting more active, or visit the [One You Islington](#) page



#### ***Get moving at home***

You don't always need a lot of space to be active - even a few strength exercises, such as squats, push ups or sit ups at home can improve your mood and build up fitness.

Try to reduce long periods of not moving at all by taking regular breaks from sitting still. How about doing ten sit-to-stand moves from your chair or some arm raises above your head.

For those looking for more structured activity ideas that they can do at home, try **Couch To Fitness**. Bit by bit, you'll feel fitter when you join this free nine week at-home exercise plan for beginners

<https://ourparks.org.uk/couch-to-fitness>

**Resources which can be shared with communities**

## Help raise awareness of the latest information and guidance

### Please share these key Vaccine messages:

- The NHS will get in touch when it is your turn for a vaccine in a [poster](#), [twitter](#) and [facebook](#) format.
- Vaccines are safe and effective in a [poster](#), [twitter](#) and [facebook](#) format.
- Share this guide to Covid-19 Vaccinations for older adults translated into [English](#), [large print](#), [Polish](#) and [Turkish](#).



### Islington resources:

- Please share this [lockdown poster](#).
- Signpost people to the [translations webpage](#) on the council website which has a range of Covid-19 advice produced in different languages.

## What is the current situation in Islington?

### Weekly Incident rate (new cases) per 100,000 population for the week 04/01 to 10/01

Islington = 796.4 per 100,000 ▲  
London = 930.2 per 100,000

An incident rate of above 50 per 100,000 means that community transmission has increased. Change in cases compared to the previous week:

Increased ▲ No change ○ Decreased ▼

### Deaths due to COVID-19 for the week 04/01 to 10/01

Islington = 1

### Number of new confirmed cases for the week 04/01 to 10/01

Islington = 1931 (Increase of 282 cases in from the previous week)

## Current guidelines and Public Health Advice



### Latest Government Guidance – National Lockdown

National Lockdown rules introduced on the 4<sup>th</sup> January are still in place. Coronavirus cases are very high so this is an important measure to help control the spread of coronavirus.

Please do all you can to follow lockdown restrictions and public health advice to keep yourself and loved ones safe, including:

- Stay at home unless you're leaving the house for a permitted reason in which case, stay local

- Only leave home to exercise once a day - alone, with your household, support bubble or 1 person from another household
- You must work from home if you can
- You must not socialise indoors or outdoors with anyone you don't live with or are not in a support bubble with
- You must only travel for a permitted reason and walk or cycle where possible
- Schools will remain closed until February Half Term, except for vulnerable children and children of key workers

The full guidance can be found on the [Gov.uk website](#). [Support bubble](#) and [childcare bubble](#) rules remain in place.

## Play your part and act now!

Cases in Islington are higher than ever and it is vital that everyone who lives and works in both boroughs acts now to protect themselves, their loved ones and their community from this terrible disease.



- Washing your **hands** regularly with warm, soapy water or use a sanitiser
- Wear a **face** covering in indoor public spaces, unless you're exempt. Making sure it covers your nose and mouth. And consider wearing one if you are visiting a person with underlying health conditions, along with taking other precautions
- Create **space** – Keep 2 metres apart from people you don't live with
- **Ventilate** indoor spaces – open windows to provide fresh air in enclosed spaces
- Check your **symptoms** – if you start to develop any coronavirus symptoms make sure you self-isolate and book a test by calling 119 or book a test online.

**We need to keep following this advice because Coronavirus usually spreads through the droplets produced when an infected person coughs, sneezes or talks, or by touching an object or surface that has the virus on it and then touching your own mouth, nose or eyes.**

**Thank you!**

**As always if you have any questions or feedback please do not hesitate to get in touch by emailing [kevin.turner@islington.gov.uk](mailto:kevin.turner@islington.gov.uk)**