

Coronavirus: Weekly update from Camden Council

For the latest information and support from Camden Council and its partners, including updates to services:

- Visit camden.gov.uk/coronavirus – includes information in different languages
- Check the rolling news pages at news.camden.gov.uk
- Follow Twitter [@CamdenCouncil](https://twitter.com/CamdenCouncil) and Facebook facebook.com/LBCamden
- Speak to someone at the Council directly by calling **020 7974 4444 (option 9)**.



SIGN UP to the Council's coronavirus newsletter for regular service updates, news and support at camden.gov.uk/coronavirus-updates



At what is still such a difficult time for London and the country, it's heartening hearing that so many of our older and most vulnerable residents have received the vaccine in Camden. People who are over 70 or extremely clinically vulnerable, care home patients and staff and health and care professionals are prioritised because they are at most risk from the virus. When it's your turn, the NHS will be in touch, so please wait for them to contact you and in the meantime make sure you're registered with your local GP. The COVID-19 vaccine is safe and our best hope of protection against the virus.

Even if you have had a dose of the vaccine, please continue to follow public health advice. By staying at home and following the guidance if we have to go out for an essential reason, we are helping to protect ourselves, our community, and the NHS.

Councillor Georgia Gould, Leader of Camden Council

STAY AT HOME TO SAVE LIVES

NATIONAL LOCKDOWN RESTRICTIONS

With cases of coronavirus still so high in London, it's vital to follow public health advice to prevent catching it or passing it on:



Stay at home unless leaving your house for an essential reason. If you go out, act like you and others have COVID-19



Wear a face covering in indoor and busy outdoor public spaces, unless exempt



Wash hands regularly and thoroughly



Keep 2 metres apart from people you don't live with

For more information, visit gov.uk/coronavirus

Why I got the COVID-19 vaccine



"I am a retired GP who re-registered to return to work as a clinical volunteer. Having the vaccine, which I know to be safe and very effective, has given me the confidence of knowing that I am protected. The most important thing I can do to keep my patients, colleagues and family safe is to keep following the rules."

Dr Caz Sayer, retired Camden GP and Chair of Haverstock GP Federation

Find out more about the COVID-19 vaccine at nhs.uk/coronavirus or call **119**.

Advice to self-isolate safely if you live with other people



Preventing the spread of coronavirus can be more difficult when you're living in close proximity to others. If you develop coronavirus symptoms, or someone you live with does, you must all self-isolate for 10 days and follow this advice to prevent those you live with catching the virus.

- Stay 2 metres apart from people you live with, especially if they are clinically extremely vulnerable, e.g. avoid using shared areas at the same time.
- Wear a face covering in shared areas, unless exempt.
- Regularly clean your home. Take extra care to clean frequently touched surfaces, e.g. door handles and toilet flush.
- Wash your hands more regularly, particularly after sneezing, coughing or blowing your nose. Do not share towels.
- Keep your home well-ventilated, e.g. open windows.
- Keep an eye on anyone who's got symptoms. If you're worried, call the NHS for free on **111**. In an emergency, phone **999**.

Support to self-isolate

Self-isolating can be difficult, so if you need any support, including with mental health, Camden Council can help. Visit camden.gov.uk/coronavirus or phone **020 7974 4444 (option 9)**.

If you're on a low income and currently receiving benefits, you may be eligible for a one-off £500 payment to support you to self-isolate and make up for lost income. Find out more and apply for a Test and Trace Support Payment at camden.gov.uk/apply-for-test-and-trace-support-payment or phone **020 7974 4444 (option 9)**.

Christmas Support Payment applications close this weekend



The Christmas Support Payment supports wet-led pubs – those that don't serve food and rely entirely on drinks sales for their business – that have been severely impacted over the Christmas period due to temporary local restrictions.

The deadline for applications is 31 January 2021.

Find out how to apply at camden.gov.uk/business-support
If you have any questions, email businessgrants@camden.gov.uk