

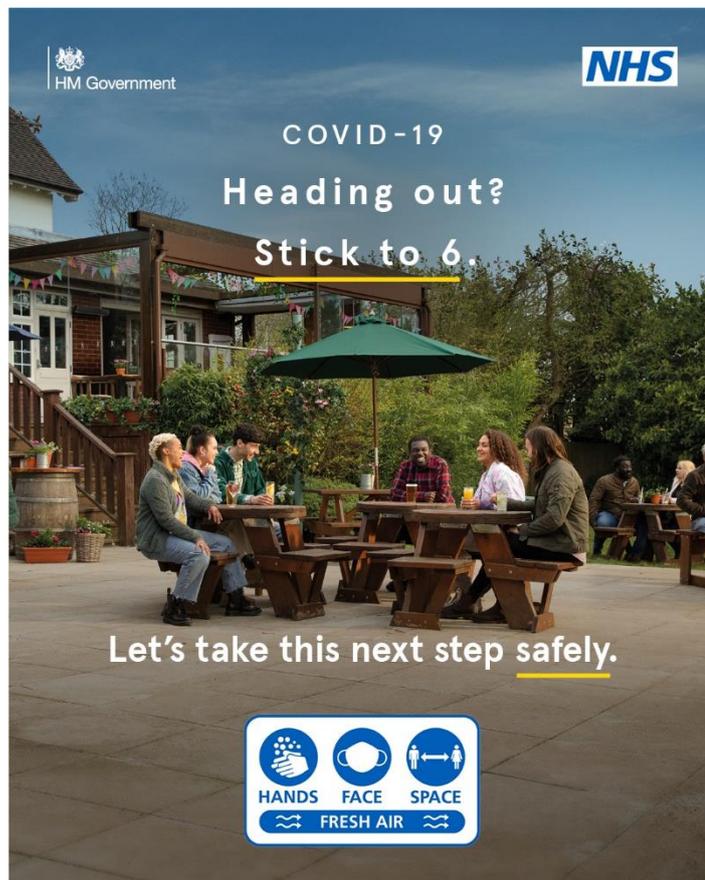


Protecting and improving the nation's health

**Key Messages for London's Faith and CVS groups
(Updated 04/05/2021)**

London has seen a slight rise in cases over the past week, with 2,191 testing positive, compared to 2,080 in the previous week; this is reminder that we have to be vigilant in following lockdown rules.

As we follow the roadmap out of the national lockdown, it is very important that we do this safely so that we do not undo the results of the sacrifices we have made. Please remember the basics of "Hands, Face, Space and Fresh air" as they will continue to be very important for some time to come.



An effective vaccine is the best way to protect people from coronavirus and it will save thousands of lives. Alongside vaccine rollout, regular testing is at the heart of plans to reopen society and the economy and will help to suppress and control the spread of variants.

Ramadan / Eid

For those observing Ramadan, it is important to continue following national restrictions. National guidance has been produced for [celebrating religious festivals during coronavirus](#).

The British Islamic Medical Association, an affiliate of the Muslim Council of Britain, has issued [specific advice](#), recommending the vaccine and they advise that it is fine to have the vaccine during Ramadan as it is not nutritional, nor does it contain any animal or foetal products. However, some NHS vaccination sites across England are extending their opening hours to make it easier for people to find a convenient slot so that those that wish to can receive the jab after they have eaten.



They have also advised that taking a PCR or Lateral Flow Test does not invalidate the fast during Ramadan.

MCB have produced some [guidance](#) for mosque leaders on celebrating Ramadan and Eid safely.

Testing

People who have any of these symptoms below should book a PCR test [here](#) as soon as possible:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

They and the people they live with should self-isolate until they get their test result and they should only leave home to take a test.

Around 1 in 3 people with COVID-19 don't have any symptoms (are asymptomatic) and may be unwittingly spreading the virus. Regular rapid testing for COVID-19 is now being

offered to everyone without symptoms and people encouraged to take these tests to help prevent outbreaks.

From 9 April, everyone in England has been able to access free, rapid lateral flow tests (LFDs) for themselves and their families to use twice a week. You can either [order testing kits online to be sent to your home](#) or you can collect testing kits from a [local pharmacy](#), a [testing site](#) or from your employer (if you cannot work from home).

When ordering online, you can order one pack of 7 tests per household each day. If collecting the tests yourself from a nearby pharmacy or testing site, you can collect 2 packs at a time (14 tests in total).

If you cannot order online, then please call 119 (Lines are open 7am-11pm and calls are free).

You can still also be tested at a local testing site. Find a local testing site at: [Find where to get rapid lateral flow tests – NHS \(test-and-trace.nhs.uk\)](#)

Vaccine roll out

Vaccines are the most effective way to prevent infectious disease. Most of us, including our children and wider families, have already had at least one, and they are responsible for stopping up to three million deaths worldwide every year.

More than 1,700 vaccination sites have already been set up across England and hundreds more are opening soon to help those who are most at risk from COVID-19 to access vaccines for free, regardless of where they live.

Approximately 3.5 million people in London, including the most vulnerable and those who care for them, have already received their first dose, and over 1 million have now also received their second dose.

Those who are 42 or over, have a health condition that puts them at greater risk, are health or social care workers or unpaid carers and who haven't had their first dose can now do so. To find out how, visit: [nhs.uk/covid-vaccination](#) or phone phoning 119.

- **When you have arranged your appointment, please make sure you attend.**
- **If you are not in any of these groups, please do not contact the NHS to seek a vaccine, the NHS will contact you when you are eligible.**

For the vaccine to be effective, we need as many people to step forward as possible. Doing so means protecting ourselves, our parents, our grandparents, even our children from the impact of this deadly virus. It is a choice that we are very fortunate to have. There is information available about the NHS COVID-19 vaccination programme including an easy-read guide to coronavirus and vaccinations.

Even when people have had the COVID-19 vaccine, it is very important that they continue to follow the rules.

Four-step Roadmap

On 22nd February, the Government published a four-step roadmap which will guide the easing of restrictions across England and help provide a route back to a more normal way of life. There will be a minimum of five weeks between each step: four weeks for the data to reflect changes in restrictions; followed by seven days' notice of the restrictions to be eased. More information on each step of the roadmap is available [here](#).

On Monday 12 April, we entered Step 2 of the roadmap and the graphic below explains what this means for various activities and settings.

MEETING OTHERS  <p>You must not socialise indoors except with your household or support bubble. You can meet outdoors, including in gardens, in groups of six people or two households.</p>	OVERNIGHT STAYS  <p>Domestic overnight stays are allowed, but you must only stay with members of your household or support bubble.</p>	EDUCATION  <p>Early years settings, schools and colleges are open for all students. Students on practical university courses can return. Students and staff will be regularly tested. Other Higher Education students should continue to learn remotely.</p>	WORK AND BUSINESS  <p>You should work from home if you can.</p>
RETAIL AND PERSONAL CARE  <p>All retail open. Hairdressers, beauty and nail salons open.</p>	BARS, PUBS AND RESTAURANTS  <p>Open outdoors for groups of six people or two households. Those that serve alcohol must provide table service. Closed indoors.</p>	ACCOMMODATION  <p>Campsites and self-contained holiday accommodation open for visits with your household or support bubble only. Hotels, hostels and B&Bs closed.</p>	LEISURE AND SPORTING FACILITIES  <p>Gyms, indoor sports facilities and spas open for use on your own or with your own household or support bubble. Saunas and steam rooms closed.</p>
ENTERTAINMENT  <p>Outdoor settings and attractions, such as zoos and theme parks open for visits of two households, or in a group of up to six people. Drive-in-events open for visits with your household or support bubble. Indoor entertainment closed.</p>	PUBLIC BUILDINGS  <p>Libraries and community centres open.</p>	RESIDENTIAL CARE  <p>People who live in a care home in England will be allowed two named regular indoor visitors.</p>	SHIELDING  <p>Clinically extremely vulnerable people in England are no longer advised to shield, but should continue taking extra precautions such as minimising social interactions and shopping at quieter times of the day.</p>
DOMESTIC TRAVEL  <p>You should minimise travel as much as possible. Avoid the busiest times and routes - plan your journey and what you need at your destination ahead of time.</p>	OVERSEAS TRAVEL  <p>You must not go on holiday abroad. You could be fined £5,000 for travelling abroad without a legally permitted reason.</p>	PLACES OF WORSHIP  <p>Places of worship open and communal worship is permitted, but you must not mix indoors with anyone outside your household or support bubble.</p>	WEDDINGS AND FUNERALS  <p>Funerals can continue with up to 30 attendees. Weddings, outdoor receptions, and commemorative events such as wakes can take place with up to 15 attendees (in premises that are permitted to open).</p>

Step 3 will proceed no earlier than 17 May and will allow:

- up to 6 people, or two households, gathering indoors
- most significant life cycle events can resume, limited to no more than 30 people. This will include events such as weddings, wakes, private baptisms, naming ceremonies and stone setting ceremonies
- wedding receptions can also proceed with up to 30 people

Useful resources

National lockdown and stay at home guidance

- Lockdown information in Bengali, Gujarati, Polish, Romanian, Turkish and Somali: translated [WhatsApp audio clips](#)
- [National lockdown: Stay at Home](#) (Cabinet Office): detailed guidance on the national lockdown
- [Stay at home guidance](#) for households with possible coronavirus (COVID-19) infection
- [How to stop the spread of coronavirus](#) (advice for everyone)

Places for worship, religious services and gatherings

- [Safe use of places for worship and special religious services and gatherings](#)
- [Celebrating religious festivals during coronavirus \(COVID-19\)](#)

Vaccines

- [General information provided by the NHS on the safety and importance of vaccines](#)
- [Video message](#) on vaccine safety for BAME communities
- [Social media statics on vaccines](#) in Arabic, Bengali, Gujarati, Hindi, Punjabi (Indian and Pakistani), Polish, Slovak, Somali and Urdu
- [Vaccination campaign resources](#)
- Mary Ramsey, Head of Immunisation ([explainer video](#))

General COVID-19 resources

- [Find out what support people can get](#) if you're affected by COVID-19, for example, if they're out of work, need to get food, or want to take care of their mental health.
- [COVID-19 resources in your language](#): guidance and advice in various languages on topics such as health and wellbeing, employment and welfare, domestic abuse, housing and homelessness
- Doctors of the World have provided [translated resources into 60 languages](#) aimed at migrants and asylum seekers which are informed by government and NHS advice.

Four-step roadmap out of lockdown

- <https://coronavirusresources.phe.gov.uk/spring-response/resources/social-media/>

People with no recourse to public funds (NRPF)

- This [tool](#) gives information about where migrant families can get help with housing and financial support when they have no recourse to public funds (NRPF).

Migrant Health

- This [resource](#) provides advice and guidance for healthcare practitioners on the health needs of migrant patients and has been updated to include a summary of changes after the Brexit transition period and information on COVID-19 vaccination.

Mental Health

- [Coping with mental health problems during coronavirus](#): support if someone is experiencing mental health problems such as obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD) or bipolar disorder.
- [Accessing mental health treatment and support during coronavirus](#): advice on getting medication, tips for online therapy and using care services, and other ways to access treatment and support for mental health.
- The NHS Volunteers Service provide a telephone 'check in and chat' if someone has mental health issues and are feeling isolated due to shielding, have a long term condition, are self- isolating or have caring responsibilities. Call 0808 196 3646 (8am to 8pm, 7 days a week) or visit the [website](#).
- People who care for or work with children and young people aged up to 25 who have been affected by COVID-19 (or other emergencies or individual crises) will be able to access a new [Online Psychological First Aid \(PFA\) training course](#). The online course, developed by PHE, offers training on how to provide practical and emotional support to children and young people affected by emergencies or crisis situations.

COVID-19 posters and social media resources

- The [PHE campaign resource centre](#) contains a collection of useful public health messaging resources for coronavirus
- Promotional material on [COVID-19 vaccination: a guide for adults](#)