

# COVID-19 Updates

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## Vaccinations

Frimley NHS Health and Care has so far administered more than 100,000 doses of the vaccine across our region - more than 84% of 75 to 79-year-olds, and more than 91% of over-80s.

If you're over 70 but haven't yet been invited for your first jab, you can now contact the NHS to book it. The easiest way to do this is via the [online national booking service](#) or call 119 free of charge 7am-11pm seven days a week. If there's isn't a time or location online or by telephone that suits you, call your GP surgery to arrange it. If you're under 70, please wait to be contacted by the NHS via letter, text or phone.

The vaccination programme is being run by the NHS, not the council, but we soon hope to be able to give you statistics for the Royal Borough. In the meantime, you can [see regional and national data on the NHS England website](#).

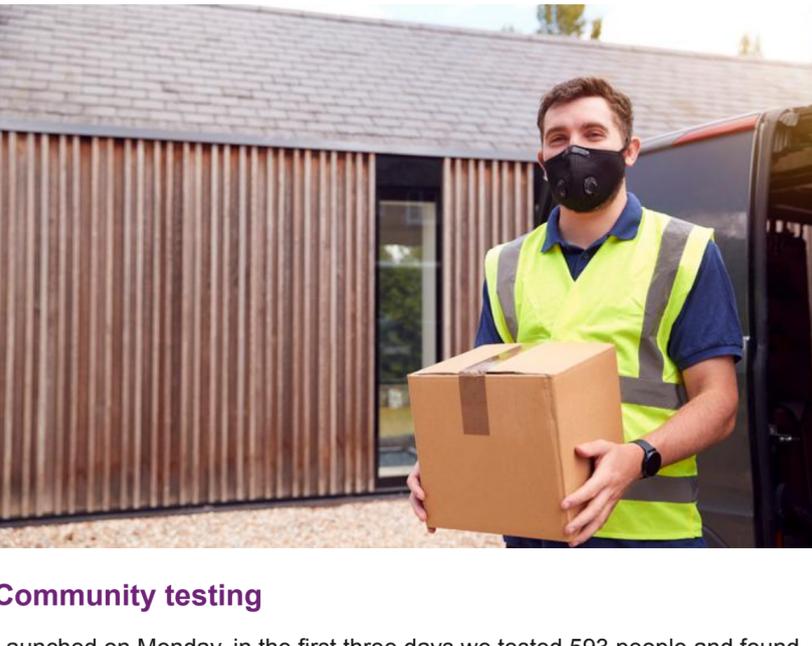


## Royal Borough cases

As of today, there are 155.9 cases per 100,000 - just below the South East and England averages.

89% of all new cases are in households. Your home is still the number one place where you're likely to catch it, from someone you love bringing it in with them. And the highest percentage of cases (44%) are among 35 to 64-year-olds.

The Royal Borough's case rates are updated daily on the [Berkshire Public Health website](#). The weekly reports, updated weekly on Wednesday evenings, show Frimley Health's NHS hospital admissions (currently 442 admissions and 43 on mechanical ventilation) and case breakdowns per Royal Borough ward.



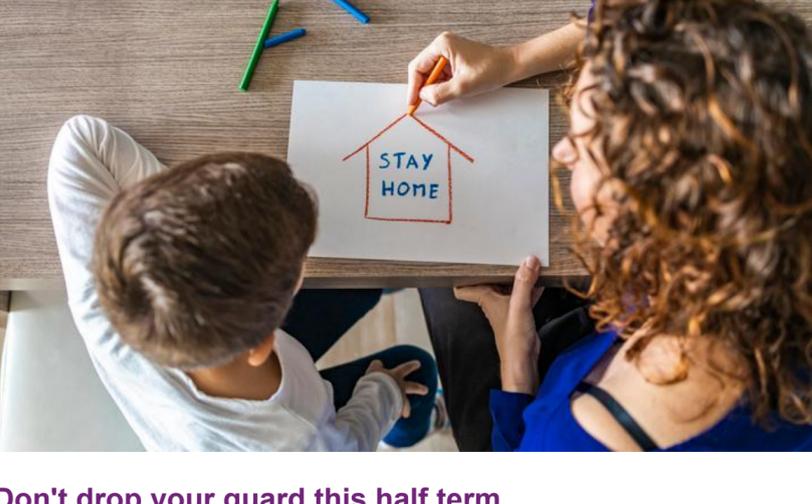
## Community testing

Launched on Monday, in the first three days we tested 593 people and found four positive cases.

During the next few weeks we'll be increasing our testing up to 17,000 tests per week at Braywick and Windsor Leisure Centres.

This government-funded programme is aimed at people in public facing jobs they cannot do at home. With one in three infected people not knowing they have the virus and unwittingly spreading it, community testing helps find these asymptomatic cases to stop the virus in its tracks.

[Find out about our community testing and how to book online.](#)



## Don't drop your guard this half term

It's tempting to want to get out and about with your children. But COVID-19 isn't taking a break. It thrives on social interaction.

We're still in lockdown for a reason. Don't mix socially with other households (unless they're in your support bubble) – sadly no playdates or sleepovers.



## Community Information Champions

Would you like to help us share important COVID-19 public health information among your family, friends and community? Reach those people we might be missing?

Our Community Information Champions are residents and members of community organisations doing just that. By word of mouth, on their social media, or their community newsletters or websites, they disseminate simple key messages we send them once a week by email.

They are our valuable and trusted ambassadors. By us all working together we're stronger as one. [To find out more email us.](#)



## It's all in the hands

Hands, face, space – we all know this slogan. Wearing a mask and two-metre social distancing helps protect us from the virus' airborne molecules. And handwashing with hot water and soap helps to remove any virus we've picked up from contaminated surfaces.

COVID-19 can remain on plastic and stainless steel for up to 72 hours, on cardboard for up to 24 hours, and on copper for four hours, according to research published by the government's Scientific Advisory Group for Emergencies (SAGE).

So be mindful of what you touch when outside. Wash your hands as soon as you get home. Also think about heavily touched areas around your home.

[Read SAGE's reports about COVID-19 on central government's website.](#)

## Helpful contacts

[COVID-19 support in the Royal Borough](#)

[Government COVID-19 information](#)

[Public Health England and Department of Health and Social Care guidance](#)

[NHS England advice](#)

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