

# COVID-19 Updates

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## Double jabbed? Still best to test

There's still a chance you can get it, or be asymptomatic, and infect those only partially or not yet vaccinated.

Testing twice weekly with a lateral flow test (LFT) is free and easy. See our website for [details on getting hold of these tests](#).

But remember, please record your result online, even negative, so Public Health England can track the spread of the virus. Knowing who's tested negative is just as important as positive cases. You'll find instructions on how to do this in your test kits.

If you test positive, you and the people you live with must isolate straight away and [book within 48 hours](#) a free follow-up polymerase chain reaction (PCR) test, which is posted to you.

The PCR test will check your positive LFT result. If it's negative, NHS Test and Trace will contact you to release you from isolation. PCR tests are crucial because they, not LFTs, locate the variants of concern.



## Royal Borough cases

There are 15.8 cases per 100,000, as of this morning; a slight increase from last week. The latest published data, covering 21 to 27 May, shows 20 new cases across the Royal Borough.

The highest infection rates are among 20 to 29-year-olds.

Check out the [Berkshire Public Health website](#) for the daily rates, and on Wednesday evenings the weekly reports showing case breakdowns per ward, vaccinations for each age group, testing, and much more.



## #PeopleLikeMe

**Getting vaccinated against Covid-19 was important for me as I wanted to feel safe when meeting my grandchildren**

## #PeopleLikeMe

NHS Berkshire is looking for support for its new campaign to encourage people still hesitant about the vaccination, to get their jabs.

It's seeking pictures of yourselves, family, or friends, with a short quote saying why you chose to be, or will be, vaccinated. The images will be used on its digital platforms. The above photo is an example of how they'll look.

If you'd like to take part, [email your picture](#) and a short sentence along with this [consent form](#) by 11 June. If you'd like further details, [email Karen Shukla](#) at the NHS.



## How are we tackling COVID-19?

The answers to your questions asked at the last public meeting of our Outbreak Engagement Board, on 17 May, [are now on our website](#) if you want to take a look.

You can also see the answers to your questions asked at previous public meetings.

The next public meeting is planned for 21 June, again on our YouTube channel.



## Council meetings

Some of our meetings have returned to face-to-face, but you can still watch them live on our YouTube channel.

All you need to do is [click here on the meeting you're interested in](#) to get the relevant YouTube link.



## Travel checklist

- Take a face covering, unless exempt
- Take your hand sanitiser
- Take a contactless payment option
- Plan ahead and use a direct route
- Socially distance at all times
- Protect yourself and others, download the NHS app

HANDS FACE SPACE

# Residents' Newsletter

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## All the latest at your fingertips

Keep abreast of all the Royal Borough's non COVID-19 news in our other weekly e-newsletter. You can [sign up for it here](#) and unsubscribe at any time. You're in control.

## Helpful contacts

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

[Government roadmap out of lockdown](#)

[Government COVID-19 information](#)

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

[NHS England advice](#)

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