

# COVID-19 Updates

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## Autumn and Winter Covid Plan

The above image show the new key behaviours to manage the spread of Covid, announced yesterday by the Prime Minister.

The main points are:

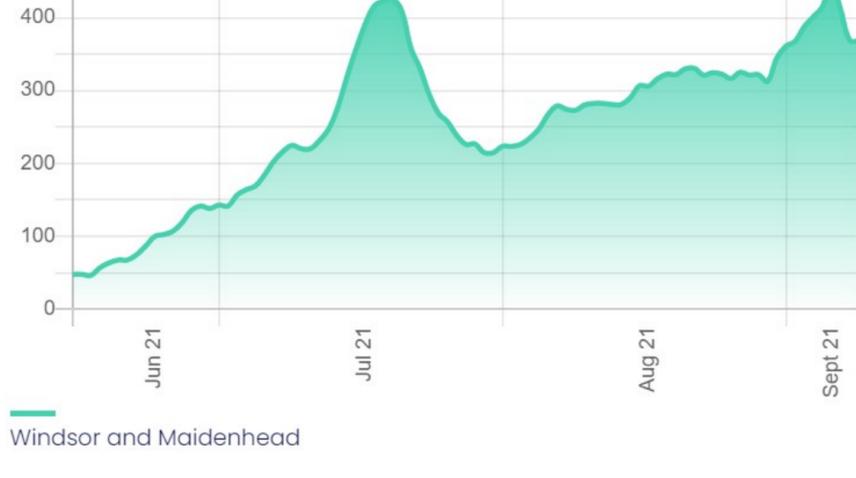
- These behaviours, if used together, will hinder transmission. Covid is far more airborne than previously thought. We now know so much more about this virus
- One dose of the Pfizer vaccine is being given to children aged 12 to 15, via the existing school immunisation programme. The aim is to complete the bulk of these by half term. Most children won't suffer from bad Covid symptoms but they can still infect their families. Isolating at home will also impact their learning as well as parents' working patterns. The Covid jab is no different to any other immunisation in educational settings - the aim is to minimise spread
- Pfizer boosters are being offered to everyone aged over 50, anyone aged 16+ with underlying health conditions, and to all frontline health workers and social care staff

You can read the government's plan in full by [downloading this pdf document](#).

## Weekly rate of confirmed cases per 100,000 population

in Windsor and Maidenhead (7-day rolling average)

Reported up to 9 Sept 2021



## Cases and vaccinations

As of today, the case rate in the borough is 345.1 per 100,000 which is above both the South East and England averages.

The graph above clearly shows we've had a spike in cases caused by the recent August Bank Holiday music festivals, and students pupils returning to school.

77% of borough adults are now double jabbed but the percentage of residents having only their first remains at 83. People aged 30 to 40 in the borough continue to fall behind in vaccinations. But an unvaccinated person in their 30s runs the same hospitalisation risk as a vaccinated person in their 70s.

Remember to test yourself for Covid, twice weekly, with a [lateral flow test](#) – even if you're fully vaccinated. You could be spreading it unknowingly. Equally important, whether positive or negative, [register your result online](#) or call 119 so public health can track the virus. If your lateral flow test is positive, you must self-isolate and do a [follow-up PCR test](#). See the government's website to check if anyone else in [your household would need to self-isolate](#).

For the latest Covid information in the Royal Borough - case rates, ward breakdowns, hospital data, vaccinations etc - visit the [Berkshire Public Health website](#) and see the weekly report in the information centre.

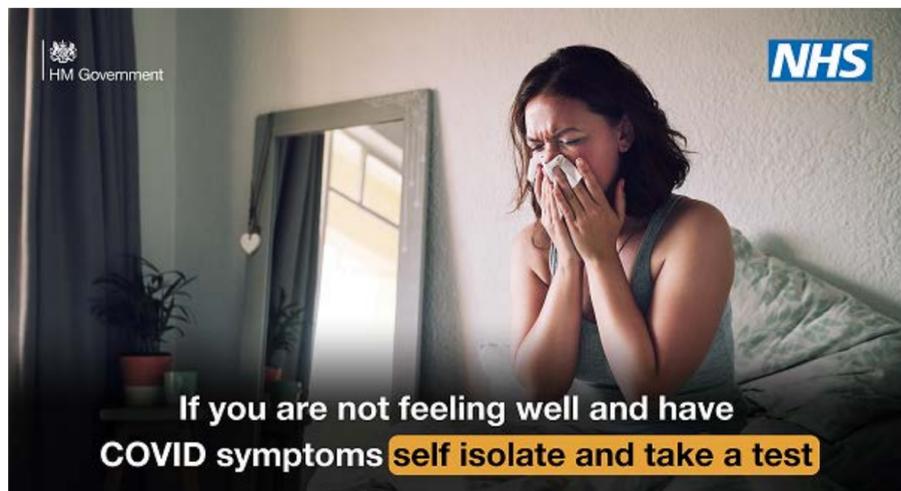


## Are you still recovering from the virus?

As you find yourself recovering from Covid you may still be coming to terms with the impact it's had on both your body and mind.

These changes should get better over time, some may take longer than others, but there are things you can do to help.

Take a look at the [NHS Covid Recovery website](#) with info & advice from rehab experts & patients, covering mental health & wellbeing to physical health & returning to work.



## All the latest at your fingertips

Keep up to date with 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 support in the Royal Borough](#)

[Government Covid information](#)

[NHS England](#)

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