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FW: Slough's covid newsletter - 27 January 2021



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Welcome to the ninth edition of Slough's covid newsletter; brought to you by Slough Borough Council and Slough Public Health.

We hope you are all staying well, staying home as much as you can but maybe had the chance to enjoy the snow we had – even if just to look at how pretty everything seemed.

Latest data

As of today, Slough has 796.4 cases per 100,000 of the population.

This is another decrease on last week but with other areas' cases falling far more significantly, Slough still has the third worst rates in the country.

Unfortunately our high case rates have inevitably led to an increase in the number of residents needing hospitalisation due to covid.

In the week ending 15 January (the latest data we have) another 24 Slough residents died of covid – almost double the number of the week before. Our thoughts remain with their families and friends.

Get a test

It's free, it's fast and it's friendly, you don't need to have symptoms and there is a site near you – so why not get a rapid

covid test?

No appointment necessary – just drop in during opening hours to:

- The Centre, Farnham Road – Tuesdays to Saturdays, 10am – 6pm
- Langley College Sports Hall – Tuesdays to Saturdays, 10am – 6pm
- Arbour Park, Stoke Road – Thursday 28 January to Saturday 30 January, 10am – 6pm
- JMIC Mosque, Stoke Poges Lane – Monday 1 February to Wednesday 3 February, 10am – 6pm

And this isn't a one hit wonder – you can visit more than once if you like.

In fact people who need to work outside the home – like delivery drivers, nursery workers, shopkeepers, taxi drivers, retail workers and many more or people who work with groups of others like childminders – are advised to take a test twice a week.

So if that is you – we are here for you! Just pop in and see us.

More information here:

<https://www.slough.gov.uk/coronavirus/mass-rapid-testing>

Tests can not be done on those under 12 or on people who should be isolating after close contact with someone who is covid positive.

Vaccinations

Slough's vaccination centre hit the news again this week after a visit from Ross Kemp who came to see the amazing work being done by our volunteer force – helping residents from Slough and beyond get their covid jab. You can see his report on the Lorraine show here: https://www.youtube.com/watch?v=JdGe_M5Ew5I

The vaccination roll-out is going really well in Slough – so when you get your invite make sure you get your jab.

There is nothing to be afraid of – it is quick, easy and safe; all under strict medical supervision and with the support of your local doctor.

But if you are concerned, have heard or seen some of the

misinformation going around or are just worried about the background to how the vaccine has been developed so fast, our public health team has put together a whole host of information to help

<https://www.publichealthslough.co.uk/campaigns/covidvaccine/>

And this week celebrities from minority communities have released a special video calling out some of the myths going around about the vaccine. Definitely worth a watch so you can have the facts, not the speculation. You can see it here:

https://www.youtube.com/watch?v=b2Ald_Ahbl

Have you had your vitamin D?

We're spending more time indoors with less opportunity for vitamin D from the sun so the latest advice is we should all be taking a supplement.

Vitamin D is great for building a strong immune system and fighting infection – even coronavirus, so a bit extra can't hurt. Vitamin D supplements are especially important for certain residents too – like pregnant women, those with darker skin who might not absorb as much from the sun, children and those with long term medication conditions – like those clinically vulnerable to coronavirus.

For the full list and to find out more head to:

<https://www.publichealthslough.co.uk/campaigns/vitamind/>

More information

For more information on the national lockdown and what it means to all of us please see here:

<https://www.gov.uk/guidance/national-lockdown-stay-at-home>

You can get the latest data and information on the cases in Slough from the public health Berkshire dashboard here:

<https://www.berkshirepublichealth.co.uk/covid-19-dashboard> Just click on Slough on the map.

The latest information on help from the council is at <https://www.slough.gov.uk/> including grants available and help for those who may be struggling.

If you think you could help the local community by spreading messages and keeping people up to date on the latest covid news we would love to have you as a community champion. Find out more here: <https://oneslough.org.uk/champions/>

With best wishes

Slough Borough Council