

## COVID-19 update, 18th November

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### Message from the Director of Public Health



When we reported the drop in numbers last week, I warned it was too early to say that this would be sustained. Unfortunately, the numbers of confirmed cases of Covid-19 are again going up among all age groups.

The [full data](#) is available on our website. In summary, there has been a 46% increase in cases in the city's population. There was an especially sharp 57% rise in adults aged over forty and a 50% rise among people aged over 60. This growing spread of COVID-19 among our older and most vulnerable residents is very worrying.

It has been suggested some of the increase in cases seen nationally in the last week reflects extra social interaction in the period leading up to the national lockdown. This highlights why the lockdown guidelines to stay home and to avoid meeting people outside your household ([except where allowed](#)) are so necessary to stop COVID-19 spreading out of control in our city.

With such high stakes, we must all take this second lockdown as seriously as the first one. We are already two weeks in with only a short time left to **play your part in helping to reduce the numbers of cases in our city.**"

[Work from home](#) if you can and only go out for essential activities to avoid close contact with people outside your household. If you [cannot work from home](#) follow COVID-19 safety guidelines in your place of work.

If you experience any [COVID related symptoms](#) - even if very mild - you must immediately self-isolate with your household, [apply for a test](#) and follow the [self-isolation guidelines](#) to stop the virus infecting more people.

To break the chain of transmission we need everyone who is contacted by NHS Test and Trace to respond to the calls and emails to provide the information they ask for.

The Council's [Community Hub](#) can provide support and advice for all residents, especially people who need to self-isolate. If you or anyone you know needs help during this difficult time, please do not hesitate to contact our Community Hub.



Kind regards

## COVID-19



HM Government **NHS**

# NATIONAL RESTRICTIONS

**5 NOV - 2 DEC**

- You must stay at home
- Only leave home for food, medical reasons, exercise, education or work
- You must work from home if you can
- Avoid travel unless essential
- Schools and essential shops will remain open
- Remember: wash hands, cover face, make space

For the latest guidance, visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

The [Brighton and Hove City Council](https://www.brightonandhove.gov.uk/) website has more information



**Wash your hands regularly**  
avoid touching your face and use hand sanitiser when you are out

**Watch your distance**  
stay at least 1m away from people outside of your household where you can





















**Wear a face covering if you are able to**  
on public transport, at hospitals, in shops and in enclosed spaces

Thank you for your part in supporting a  
**healthier, stronger, safer city**

Brighton & Hove City Council

## 5 November to 2 December

### National restrictions apply to England:

<b>Meeting Indoors</b>  <p>You cannot meet anybody socially indoors unless they are in your household or support bubble.</p>	<b>Meeting Outdoors</b>  <p>You can meet with 1 person from another household in outdoor public spaces, following social distancing. Children under 5 and anyone dependent on continuous care do not count towards the 2 person limit.</p>	<b>Weddings and Funerals</b>  <p>Weddings, civil partnership ceremonies can only take place where one of those getting married is seriously ill and not expected to recover. Funerals can take place with up to 30 people in attendance.</p>	<b>Working from home</b>  <p>You must work from home if you can. If you cannot work from home you should continue to go to work (unless you are clinically extremely vulnerable).</p>
<b>Essential Shops</b>  <p>Open. Essential shops should follow COVID-secure guidelines.</p>	<b>Non-essential Retail</b>  <p>Closed. Can only open for click-and-collect and delivery services.</p>	<b>Exercise</b>  <p>You can exercise outside on your own or with your household; your support bubble; or one person from another household.</p>	<b>Leisure and Gyms</b>  <p>Closed, except for allotments and outdoor playgrounds.</p>
<b>Hospitality</b>  <p>Closed except for takeaway, click-and-collect, drive through and delivery services. Takeaway not permitted after 22:00.</p>	<b>Education</b>  <p>Early years, schools and FE colleges open. Universities must reflect wider restrictions.</p>	<b>Healthcare Services</b>  <p>You can leave home for any medical reason.</p>	<b>Residential Care</b>  <p>Care homes are encouraged to provide safe, COVID-secure visiting opportunities. See the guidance for details on how to keep visits safe.</p>
<b>Travel</b>  <p>You must not travel in the UK or overseas other than for permitted reasons, including work, education, medical reasons, caring responsibilities or for essential retail.</p>	<b>Public Transport</b>  <p>You may still use public transport, but should only travel for permitted reasons and should look to reduce the number of journeys you make, avoid travelling at peak times, and walk or cycle where you can.</p>	<b>Overnight Stays</b>  <p>Overnight stays and holidays away from primary residences are not allowed, except for work and other exempt purposes.</p>	<b>Entertainment and tourism</b>  <p>Entertainment venues are closed. Public gardens at visitor attractions are open.</p>
<b>Vulnerable People</b>  <p>If you are 60+ or clinically vulnerable, be especially careful to follow the rules and minimise contacts with others. If you are clinically extremely vulnerable you are advised to stay at home as much as possible, except to go outdoors for exercise or to attend essential health appointments.</p>	<b>Worship</b>  <p>Closed except for: Funerals, broadcasting acts of worship, and individual prayer.</p>	<b>Childcare</b>  <p>Registered childcare and childcare activities open to enable parents to work, or respite care. Parents can form a childcare bubble with another household for informal childcare, where the child is 13 or under.</p>	<b>Youth Clubs and Activities</b>  <p>Some youth services are able to continue, such as 1-1 youth work and support groups, but most youth clubs and groups will need to cease for this period.</p>

For more information and detailed guidance visit:  
[gov.uk/coronavirus](https://www.gov.uk/coronavirus)



### Information and advice

#### NHS booklet

The Sussex Clinical Commissioning Groups have produced a 'Help Us Help You booklet' that has useful information as well as a bit more detail around the changes people might see when access NHS services. These changes have been put in place to keep staff and patients as safe as possible. The guide is now available online at: <https://www.sussexccgs.nhs.uk/right-care-right-place-leaflet/>

#### NHS 111 support

For times when you need medical help or advice from someone you can trust or you have an urgent but not life-threatening health issue, [#NHS111](https://www.nhs.uk/111) is fast, easy, free and confidential. Call anytime 24/7, 365 days a year or go online at [www.111.nhs.uk](https://www.111.nhs.uk)

## NHS 'Test & Trace' app - DOWNLOAD TODAY

[Find out more about the NHS Covid-19 app.](#)

Download now from:

→ Google Play Store: <https://play.google.com/store/apps/details...> → Apple App Store: <https://apps.apple.com/us/app/id1520427663>

Find out more: <https://covid19.nhs.uk>

A video with BSL sign language is available [here](#) and [MENCAP has produced a guide](#) To understand more about how the app uses your personal data click this link [NHS COVID-19 app: privacy information, early adopter trial](#)

## How and where to get a COVID test

Advice from the Council is available [here](#).

Click here to [get a coronavirus test](#). If you do not have access to the internet, you can call 119 to book or order a test.

If anyone with symptoms is unable to obtain a local test, it is not recommended that you travel long distances. Government advice is to try booking again in a few hours. A good time to try is 8.30pm when new slots are made available.

A test for suspected COVID-19 is free and NHS treatment for COVID-19 is free for all, including overseas visitors who are not usually entitled to free treatment from the NHS.

### Symptoms

Anyone with [symptoms](#) can get a coronavirus test, whatever their age. Main symptoms are:

- **a high temperature:** this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough:** this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (a usual cough may be worse than usual)
- **a loss or change to your sense of smell or taste:** this means you have noticed you cannot smell or taste anything, or things smell or taste different to normal.

These websites contain all the information you need:

- [Brighton and Hove City Council](#) (including links to translated materials)
- [Government](#)
- [Coronavirus in children](#)

## Request help for yourself or someone else

### Support available in Brighton & Hove

#### Emergency help with food, energy bills and other essentials

Local Discretionary Social Fund  
[www.brighton-hove.gov.uk/emergency-help-with-bills](http://www.brighton-hove.gov.uk/emergency-help-with-bills) 01273 293117 (option 1).

#### Debt advice if you are facing financial difficulties

[www.brighton-hove.gov.uk/debt-advice](http://www.brighton-hove.gov.uk/debt-advice)  
Citizens Advice 0300 330 9033  
Money Advice Plus 0800 988 7037.

**Food, shopping and meal deliveries** Brighton & Hove Food Partnership [www.bhfood.org.uk/coronavirus-update](http://www.bhfood.org.uk/coronavirus-update).

**Mental health** Sussex Mental Healthline 0300 5000 101 (freephone).

**Wellbeing** Healthy Lifestyles team [www.brighton-hove.gov.uk/healthylifestyles](http://www.brighton-hove.gov.uk/healthylifestyles) 01273 294589.

**Carers** The Carers Hub [www.carershub.co.uk](http://www.carershub.co.uk) 01273 977000 (Monday to Friday, 9am to 5pm).

**Loneliness** Together Co [www.togetherco.org.uk](http://www.togetherco.org.uk) 01273 775888.

**Older people** Ageing Well [www.ageingwellbh.org](http://www.ageingwellbh.org) 07770 061072 (Monday to Friday, 9am to 5pm) or call The Silver Line 0800 470 8090.

**Domestic abuse** The Portal [www.theportal.org.uk](http://www.theportal.org.uk) 0300 323 9985.

**Bereavement** Cruse Bereavement Care [www.cruse.org.uk](http://www.cruse.org.uk) 0808 808 1677.

**Digital support and resources** Digital Brighton & Hove [www.digitalbrightonandhove.org.uk](http://www.digitalbrightonandhove.org.uk) 07475 946084.

**Adult social care** Access Point [www.brighton-hove.gov.uk/adult-social-care](http://www.brighton-hove.gov.uk/adult-social-care) 01273 295555 (Monday to Friday, 9am to 4.30pm).

**Children or families** Front Door for Families [www.brighton-hove.gov.uk/front-door-families](http://www.brighton-hove.gov.uk/front-door-families) 01273 290400 (Monday to Thursday, 9am to 5pm, Friday until 4.30pm).  
If you still need extra support and don't have anyone to help you at the moment, contact our community advice and support hub.  
[www.brighton-hove.gov.uk/coronavirus-help](http://www.brighton-hove.gov.uk/coronavirus-help)  
If you can't get online, call 01273 293117 (option 2) Monday to Friday, 10am to 4.30pm.

### Do not leave home if you or someone you live with has any of the following:

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

Self-isolate immediately and get a test.  
Go to [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) or call 119.

## [Get support while isolating](#)

**[NHS Volunteer Responders](#)** To arrange support for yourself or someone you know call 0808 196 3646

## Food, shopping, and meals

These organisations can give you advice and support about getting food, shopping, and meal deliveries:

- [Brighton & Hove Food Partnership](#)
- [Ageing Well](#) directory

## [In BSL: How to get help during the pandemic](#)

## [Translated advice for COVID-19](#)

## [New guidance to support safe care home visits during lockdown](#)

## Updates from GOV.UK - Coronavirus (COVID-19)

- [Clinically extremely vulnerable receive updated guidance in line with new national restrictions](#)
- [Coronavirus \(COVID-19\): Accessing food and essential supplies](#)
- [Transport use during the coronavirus \(COVID-19\) pandemic](#)
- [Face coverings: when to wear one, exemptions, and how to make your own](#)
- [Travel advice: coronavirus \(COVID-19\)](#)

Healthwatch has produced guidance for patients which you can access [here](#)

Healthwatch has produced the following guides:

- [COVID-19 webpage](#)
- [Maternity and pregnancy advice and information](#)
- Top tips for [staying active and looking after your mental health](#).
- Guides which provide information about:
  - visiting a [dentist](#)
  - [seeing a GP](#)
  - [collection of prescriptions](#)

**Plus, accessibility resources to help you communicate about COVID-19**

- **NEW:** [Beyond Words is providing free picture stories and illustrated guides to support people with learning disabilities and autism through the coronavirus pandemic](#)
- A series of videos aimed at encouraging people to continue to use health services if they are unwell. They are available in [English](#), [Arabic](#), [Farsi](#), [Kurdish](#) and [Sylheti](#).
- [Resources from Learning Disability England](#)
- [Signhealth has made their InterpreterNow remote BSL interpretation service available for free across all healthcare services](#)
- [Signhealth is providing a video of summaries of key coronavirus guidance in BSL](#)
- [Signhealth advice for testing](#)
- [Public Health England stay at home guidance](#), translated and in easy read
- [NHS guidelines translated into up to 50 languages by Doctors of the World](#) and find video advice [here](#)
- [Easy read information on COVID-19](#) from Mencap
- [About the NHS Test and Trace scheme](#)
- [What to do if you are contacted by NHS Test and Trace](#)
- The NHS have also created [easy read posters like this](#) so people know when and how to get a test for coronavirus.
- [Public Health England resources](#) in accessible formats

- [COVID-19 guidance for providers of services for people experiencing rough sleeping](#)
- The [handwashing rap](#), produced to help people who have a learning disability

Share your experiences of health and social care services with us:  
[office@healthwatchbrightonandhove.co.uk](mailto:office@healthwatchbrightonandhove.co.uk)  
01273 234040

#### Follow us

Facebook	@healthwatchbrightonandhove
Twitter	@HealthwatchBH
Instagram	healthwatchbh

Website: [www.healthwatchbrightonandhove.co.uk](http://www.healthwatchbrightonandhove.co.uk)

#### Volunteer for us



If you would you like to get involved and help make a positive difference, then we offer a variety of roles. And you do not have to stick to one, some of our volunteers do more than one. You do not need a background in health or social care, just a keen interest in improving services

for everyone. For more information [click here](#).