HSC Public Health Agency

<u>Via E-mail</u>

Local Government and
Community Planning Partnerships

HELP STOP THE SPREAD OF CORONAVIRUS IN YOUR COUNCIL AREA AND ACROSS NI

Dear Colleagues

Coronavirus is spreading in Northern Ireland and we need your continued help to protect our residents, families, communities, businesses, schools and healthcare systems from the impact of COVID-19.

Department of Health figures have shown that since the easing of lockdown restrictions, the number of confirmed positive cases is rising more rapidly than expected. Daily figures are available on the Department of Health's Dashboard
https://www.health-ni.gov.uk/articles/covid-19-daily-dashboard-updates

Further to the recent SOLACE meeting, the Public Health Agency would like to build on the collaborative efforts with all partners to stop the spread of coronavirus and its devastating impacts on the population of Northern Ireland.

We are therefore asking Local Government colleagues and each of the 11 Community Planning Partnerships to help encourage a collective response to tackle COVID-19 across Northern Ireland by taking 2 key actions;

1. **helping to increase the numbers of residents who are downloading and using the StopCOVID NI App, and**

2. **helping people to understand the importance of Test, Trace & Protect,**

to help stop the spread of Coronavirus.

Improving Your Health and Wellbeing

Please find attached resources which provide information on these two key actions.

We hope that by having these messages reinforced by established organisations and groups who have strong and trusted connections with local communities, people will respond to the urgent need to sustain measures to prevent any further spread of coronavirus.

Up to date information is also available on the Public Health Agency website https://www.publichealth.hscni.net/covid-19-coronavirus

Please do not amend the messages on these resources or remove the PHA logo as it is important that accurate and consistent information from the Public Health Agency is in circulation.

In appreciation of your support.

Yours sincerely

Olive MacLeod
Chief Executive

Encs

Improving Your Health and Wellbeing

StopCOVIDNI App and information

Link: web resource with animation explaining all about the app
https://www.nidirect.gov.uk/articles/coronavirus-covid-19-stopcovid-ni-proximity-app

TEST TRACE PROTECT
NEEDS EVERYONE'S SUPPORT

Test ✔
Trace ✔
Protect ✔

HSC Health and Social Care

Throughout the pandemic, your support in following public health guidelines has been vital in reducing the spread of coronavirus. By doing so, you have saved lives. As 'lockdown' restrictions are eased, we face the risk of a second wave of infection. We can all help minimise that risk by continuing to support public health measures to control the spread, such as testing and contact tracing.

Testing and contact tracing helps break the chain of transmission of the virus. By identifying people who have been in close contact with someone who has tested positive for coronavirus, and asking them to self-isolate, we can limit the onward spread (reproduction) of the virus. Keeping the reproduction (R) number low allows us to continue moving towards more normal family, working and social lives. Friends and family can see each other, and schools and businesses can reopen. It will also help to protect our health service from being overwhelmed.

Testing and contact tracing will only work if we all play our part. This means:

- get tested if we have symptoms;
- help with contact tracing;
- self-isolate when we are advised to.

Along with social distancing and hygiene precautions, testing and tracing is our best chance to protect our communities from coronavirus.

HSC **Public Health Agency**

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TEST TRACE PROTECT
A STEP-BY-STEP GUIDE

Test ✔ Trace ✔ Protect ✔ HSC Health and Social Care

1
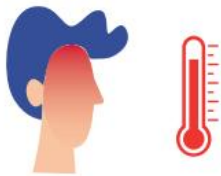
SPOT THE SYMPTOMS

If you have a new persistent cough, fever or loss of or change in sense of taste and smell, you and everyone in your house should immediately self-isolate.

2

REQUEST A TEST NOW

Visit **nidirect.gov.uk/coronavirus** to book a test online. Call 119 if you cannot book a test online.
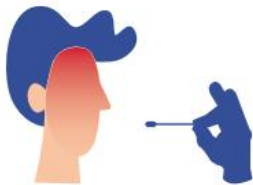
3

ISOLATE

Isolate for 7 days after symptoms appear, longer if fever continues (until at least 48 hours after your temperature returns to normal). Other people you live with should isolate for 14 days.

4

GET TESTED

Testing is carried out at drive through testing centres and you must arrive by car (not on foot, via public transport, by taxi or by any other means). Home tests are also available.

5

GET RESULTS

You should receive results within 72 hours. If you test negative for coronavirus you and your household can stop isolating.

6

PROVIDE DETAILS

If you test positive for coronavirus Public Health Agency (PHA) contact tracers will call you from the number 028 9536 8888. They will ask you who you have had contact with recently.

7

PHA INFORMS CONTACTS

If you have coronavirus, the PHA will contact the people you have had close contact with. Your name will not be shared unless you give permission. All data will be held securely.

8

CLOSE CONTACTS ASKED TO ISOLATE

Close contacts will be asked to isolate for 14 days from the last time they had contact with you.

9

HOUSEHOLD OF CLOSE CONTACTS

If the close contact has no symptoms, others in the household don't need to isolate. If the close contact develops symptoms, they should follow this guide starting at step 1.

When you can leave home, stay safe and continue to follow public health advice.

- Wash your hands well and often and avoid touching your face.
- Keep your distance from others when outside the home.
- Cough or sneeze into your elbow or a tissue and dispose of the tissue in a bin.

WE ALL MUST DO IT TO GET THROUGH IT HSC STAY SAFE SAVE LIVES

You can spread the virus even if you don't have symptoms.