

## Coronavirus Update January 2021



### New national restrictions announced

On Monday 4 January the UK prime minister announced a new lockdown in England, running from 5 January to at least mid-February. The lockdown measures are necessary to reduce levels of COVID-19 which are high nationally and locally and to protect against the new variant of COVID-19 that is more easily transmissible.

The measures mean that with few exceptions we must all now stay at home to protect each other and stop the spread of the virus. The COVID vaccination programme is underway, however, it will take time before this becomes effective at a community level. In the meantime, by following the Government guidelines we can protect our friends, families and communities. Our actions will also ease pressure on our NHS enabling them to treat both covid patients and those suffering from other conditions. We realise this will be difficult for many people but please be aware that support is available. We can help with advice on how to protect your mental health and wellbeing, help getting food items if you have no one else to turn to or financial support through government grants.

Visit our website [www.leicester.gov.uk/your-council/coronavirus/coronavirus-support-for-residents](http://www.leicester.gov.uk/your-council/coronavirus/coronavirus-support-for-residents) for advice or email [c19support@leicester.gov.uk](mailto:c19support@leicester.gov.uk) giving a contact telephone number if possible. If you are telling us about another person, please get their permission before giving us their phone number or address.

**Protect yourself and your loved ones. Stay at home.**

#### And remember to

- wash our hands regularly for 20 seconds with soap and water
- always wear a face covering in enclosed spaces such as shops and where social distancing is difficult, for example when queuing
- keep two metres apart from anyone you don't live with.

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## Education

Schools and colleges have all closed with students (apart from children of key workers and those considered vulnerable) now being taught remotely.

The scheduled 2021 A-levels and GCSEs have been cancelled with guidance issued soon about how awards will be given.

Students studying certain degrees (e.g. medicine and veterinary science) will be returning for face to face lectures but other university students will access their lectures online.

Early years provision is unaffected, but you are advised to check with your childcare provider for individual arrangements

## Places of worship

You are able to visit a place of worship for communal worship (social distancing and other measures will apply). You are permitted to attend a funeral or other event related to a death and attend a wedding (subject to guidance and maximum numbers). Please note that weddings are subject to strict guidance and permitted in exceptional circumstances.

## Exercise

Gyms, leisure centres and outdoor facilities including outdoor gyms are closed. You may exercise outdoors but are only allowed to do so if you are:

- On your own
- With someone that you live with
- With someone from your bubble
- With one other person (if you are on your own)

## Bubbles

You are only allowed to form a bubble under certain circumstances.

You can only form a support bubble if:

- you live alone
- you are the only adult in your household who does not need continuous care as a result of a disability
- your household includes a child who is under the age of one (as of 2 December 2020)
- your household includes a child with a disability who requires continuous care and is under the age of 5 (as of 2 December 2020)

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- you are aged 16 or 17 living with others of the same age and without any adults
- you are a single adult living with one or more children who are under the age of 18 (as of 12 June 2020) – if you share custody of your children with someone who you don't live with then your children can move freely between both households. You do not need to form a support bubble to do this.

You must not form a support bubble with a household that is part of another support bubble.

You can form a **childcare bubble** if you provide or receive childcare from one other household if you live with someone under the age of 14 - you must not meet socially with your childcare bubble.

For more information visit the government's website

[www.gov.uk/guidance/making-a-support-bubble-with-another-household](https://www.gov.uk/guidance/making-a-support-bubble-with-another-household).

## Seeking medical help

If you need medical treatment, then please do not hesitate to contact your doctor. Your GP may offer a telephone appointment service which means that you will not have to leave your home. Alternatively, you can call NHS 111 for medical advice over the phone.

You must still attend your routine appointments.

For more information and details of all of the restrictions go to the gov.uk website

[www.gov.uk/guidance/national-lockdown-stay-at-home](https://www.gov.uk/guidance/national-lockdown-stay-at-home)

## New Strain of Coronavirus

As you will have seen in the media a new strain of Coronavirus has been identified.

There is no evidence to say that this new strain affects people more severely, but it is transmitted more easily. This is why it's extremely important that we continue to follow the guidelines and stay at home.

Remember the less contact with other people that you have the lower the risk of catching it and passing it on to others.

## Testing

Testing is really important to help us find out who has coronavirus so they can isolate and reduce the risk of it spreading.

There are two types of tests available:

- Rapid test (lateral flow tests) – these will give you a result in less than an hour. Some residents without symptoms are choosing to get tested at our rapid testing centre at Fosse Neighbourhood Centre. There is no need to book and you get your results within an hour.



[leicester.gov.uk/coronavirus](https://leicester.gov.uk/coronavirus)



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Please remember to wear a face covering if you go. If you get a positive result you will need to self-isolate along with the rest of your household.

- PCR tests – these are the bookable tests for those with symptoms. You will get your results within 48 hours. You must self isolate whilst you are waiting for the test results, as must anyone that you live with.

There are many testing centres in Leicester – for more information about where they are please go to our website –

[www.leicester.gov.uk/your-council/coronavirus/coronavirus-in-leicester-latest-news](http://www.leicester.gov.uk/your-council/coronavirus/coronavirus-in-leicester-latest-news).

### Isolation

If you have symptoms of coronavirus, or you have tested positive, you must self-isolate at home, even if you are a key worker. Everyone you live with must also stay at home.

This is because if you have coronavirus there is a high chance you could pass it to other people. By staying in your home, and away from others (you must not leave your home for any reason at all this includes going to work, daily exercise or shopping), you reduce the risk of passing the virus on to other people. This is the most important thing we can all do to prevent the spread of coronavirus.

If you are self-isolating because you have been in close contact with someone who has tested positive for coronavirus or who has symptoms, then you will be pleased to know that the isolation period has reduced from 14 days to 10 days. This is because you are at risk of having caught the virus from that person and need to reduce the risk of passing it on to others.

You must self isolate if you:	Current self isolation guidelines*
Have symptoms of coronavirus	Isolate for at least 10 days or until you feel better – this may be longer than 10 days (check the NHS website for latest guidance)
Have tested positive for coronavirus	Isolate for at least 10 days or until you feel better – this may be longer than 10 days (check the NHS website for latest guidance)
Are waiting for the results of a coronavirus test	If you have symptoms you must self-isolate whilst waiting for the result. If the test is positive you must isolate for 10 days from the start of symptoms or date of positive test
Live with someone who has symptoms of coronavirus	You must isolate for 10 days from the start of their symptoms
Live with someone who is waiting for coronavirus test results	If they have symptoms, you must isolate whilst they are waiting for the test results. If the test is positive

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	you must isolate for 10 days from the start of their symptoms
Have been identified as a close contact of someone who has coronavirus.	You must isolate for as long as you have been advised to by your school or workplace or the NHS test and trace service

\*18 December

For the latest guidance visit the NHS website:

[www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/](http://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/)

If you're on a low income and cannot work while you self-isolate, you may be able to get a support payment of £500 and you may be eligible for Statutory Sick Pay (for more information visit the government's website [www.gov.uk/statutory-sick-pay/what-youll-get](http://www.gov.uk/statutory-sick-pay/what-youll-get)); or you may be eligible for Employment Support Allowance [www.gov.uk/employment-support-allowance/eligibility](http://www.gov.uk/employment-support-allowance/eligibility)

If you need any help whilst you isolate you could ask friends or neighbours to help you; or, if you don't have anyone to do this then visit our [website](#) or email [c19support@leicester.gov.uk](mailto:c19support@leicester.gov.uk)

## Contact Tracing

If you test positive for coronavirus you will be contacted by the Test and Trace team (this could be either the national or local Leicester City Council team), they will ask if you understand what this means and if you need any support. They will also ask you for details of who have been in close contact with so that they can contact them and advise them to self isolate for 10 days.

The test and trace team will keep calling you for a period of time until they get this information so its really important that you give them as much information as you can. Your details will be kept anonymous.

## Coronavirus Vaccine

The coronavirus vaccine continues to be administered in Leicester. The first groups to be vaccinated are people over 80, health and social care staff and care home residents. The priority groups for vaccination have been set by the government.

You do not need to contact your GP to arrange your covid vaccination - you will be contacted directly to book your vaccine. For more information visit the NHS website -

[www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine](http://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine)



[leicester.gov.uk/coronavirus](http://leicester.gov.uk/coronavirus)



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### Care homes

We know how hard this year has been for those with family and loved ones in care homes and we know that you are anxious to visit them as soon as you can. Unfortunately, due to the high risks involved the majority of care homes are not able to have visitors just yet.

As elderly people and care home staff are amongst the first to be vaccinated, hopefully we will not have to wait much longer to see our loved ones.

### For more information:

- Subscribe to [Your Leicester](#) and get the latest information weekly via email
- Continue to follow us on social media Facebook [Leicester City Council](#) and Twitter [@Leicester\\_News](#)
- We have a range of videos that can be shared on our Your Tube channel [Leicester City Council](#)
- We continue to update our translated materials on the [webpages here](#)
- For the latest data on the situation in Leicester go to our [website here](#)