

Welcome!

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Outline of the session

- Welcome and thank you
- COVID Champs – what is the ask?
- What is COVID-19?
- How is Torbay affected?
- Key messages for reducing the spread
- Feedback – what information is most helpful to you?
- Resources for you and next steps

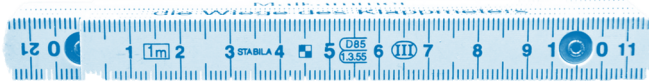


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'COVID –Conversations' How confident are you?

On a scale of 1-10...



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What are we asking you to do?

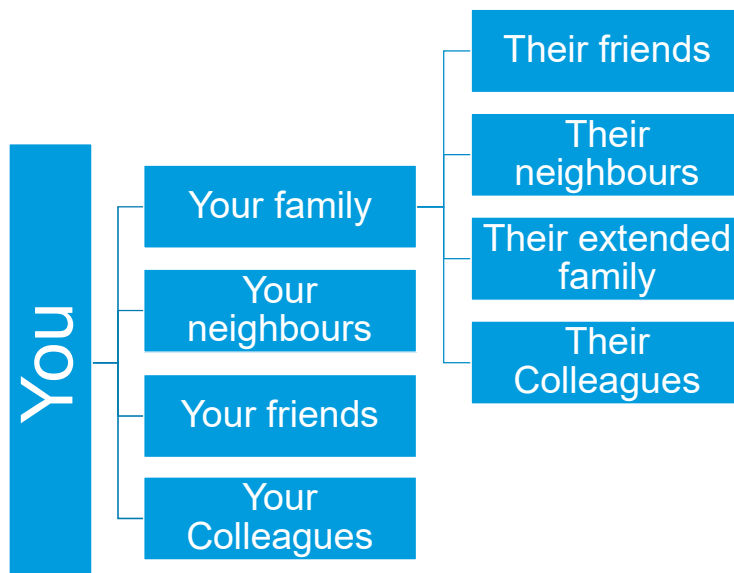
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Who are your network?

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Share credible COVID-19 information, however you want!



- Learn about COVID-19 and how to stop the spread
- Share credible information with others
- Support others to access credible information, advice and support.

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What is COVID-19?



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What are Coronavirus and COVID-19?

- Coronaviruses are common but COVID-19 is a new strain
- It's a virus, which is spread from person to person
- As it is a new disease, ALL of us are susceptible to getting COVID-19
- But older people and people are extremely clinically vulnerable are more at risk of severe illness



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Not 'just' Flu

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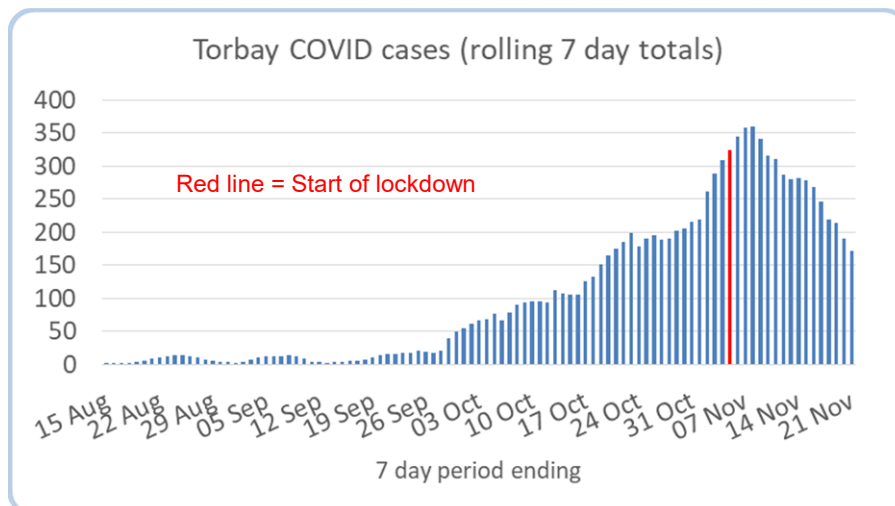
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How is Torbay affected?

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COVID-19 Cases – Local

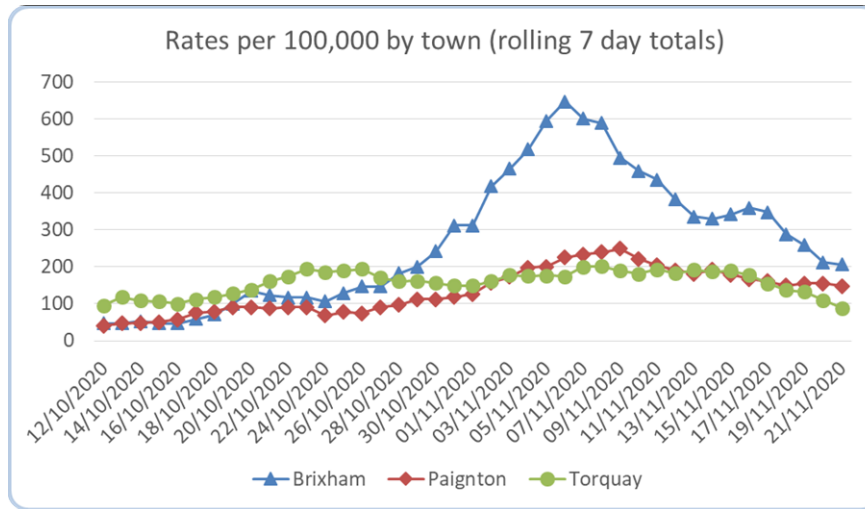


Source: <https://coronavirus.data.gov.uk/>

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COVID-19 Cases – Local

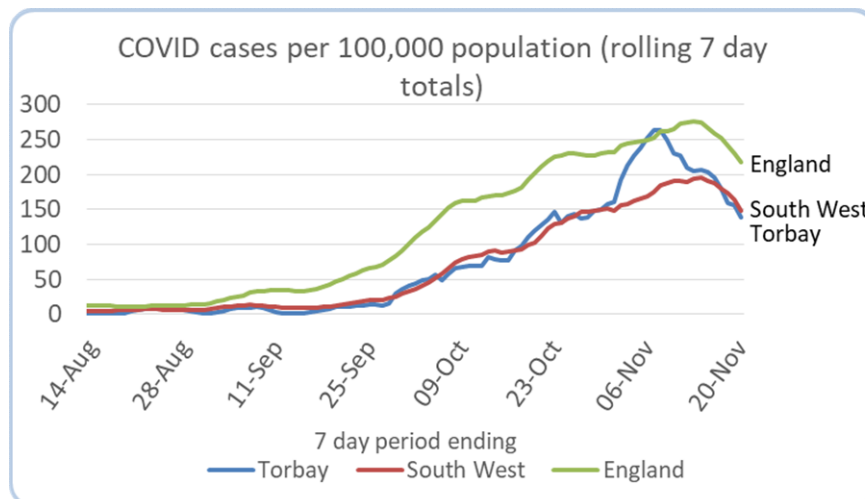


Source: <https://coronavirus.data.gov.uk/>

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COVID Cases – Comparison

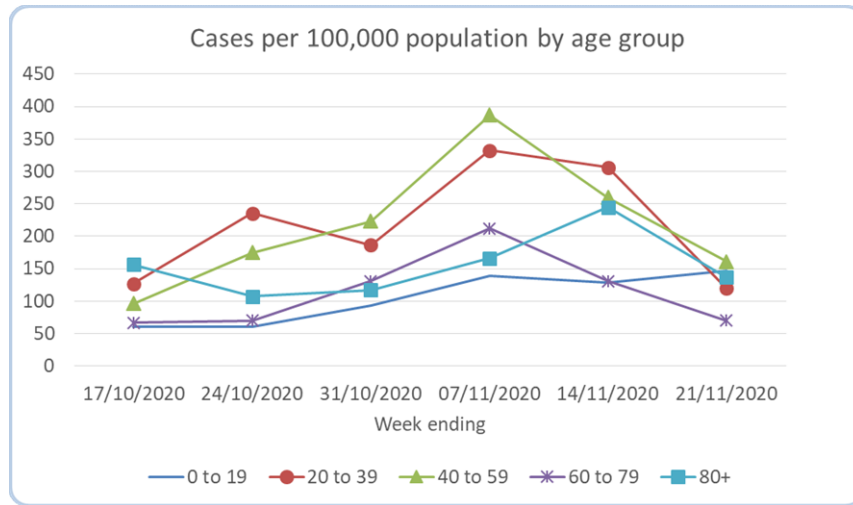


Source: <https://coronavirus.data.gov.uk/>

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COVID-19 Cases – Local



Source: <https://coronavirus.data.gov.uk/>

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**Key messages
for reducing the
spread**

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How does the Covid-19 spread between people?

- From the mouth or nose of infected people
- Small particles which can
 - Be directly inhaled
 - Land on surfaces around them
- Most at risk if in close contact for longer periods of time.



• Source: .gov.uk

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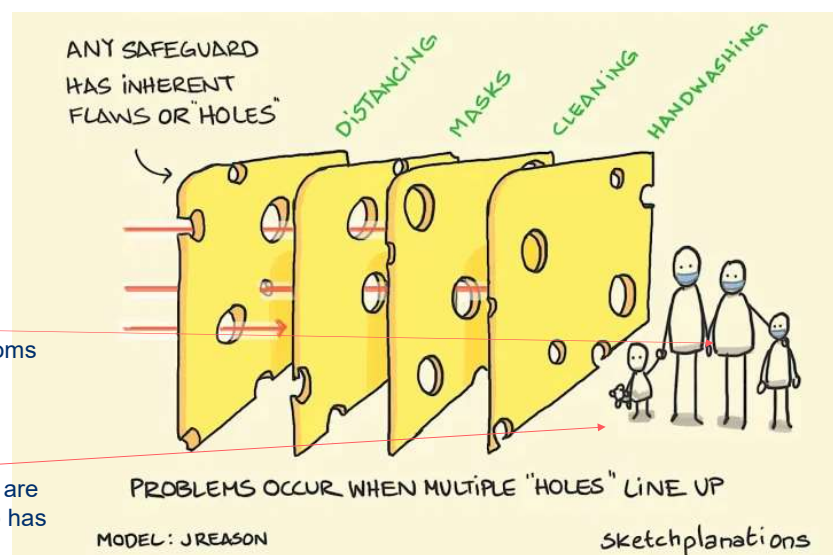
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Why so many measures?

No measure perfect!
Measures compliment each other

Have a test – when have symptoms

Isolate if you have COVID-19 or are a close contact of someone who has COVID-19



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1. Isolate and test

If you have any one of the three key symptoms of COVID-19:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)



People you live with should isolate with you

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2. Stay at home and isolate

If

- You test positive for COVID-19 (10 days)
 - If you share a house with someone who is positive for COVID-19 (14 days)
 - If you are a close contact of someone who has tested positive for COVID-19 (14 days)
-
- You need to isolate EVEN IF you test negative during your isolation
 - You only need to test IF you develop symptoms



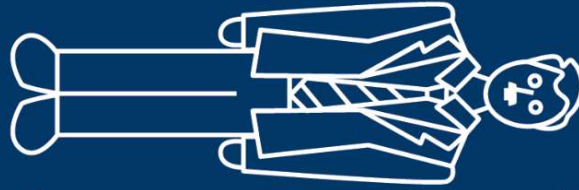
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3. Socially distance and limit social contact

Social distancing the Torbay way!

2 metres = 1 Basil Fawlty



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4. Washing hands and using hand sanitiser



- Often
- For at least 20 seconds
- With soap and water
- Alcohol gel a good alternative

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5. Cleaning

- Often
- General household products
- Special attention to frequently touched areas



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6. Use a Face Covering

- Different from Personal Protective Equipment
- Protect others from you
- Should be worn in enclosed public spaces
- AND where social distancing may be difficult
- **Does not replace social distancing**



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7. Good Ventilation

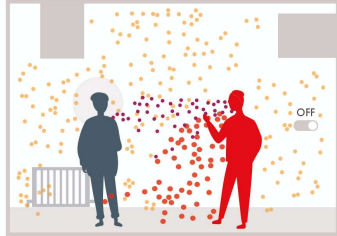


Fig 1. Infected person talking with non-infected person with ventilation system switched off

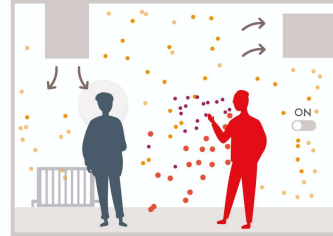


Fig 2. Infected person talking with non-infected person with ventilation system switched on

- Open the windows when indoors if with people you do not live with
- Even better, meet people outside

Isolation

Testing

Limit social contact

Keeping your distance

Face coverings

Cleaning

Handwashing

Good ventilation

Catch it! Bin it! Kill it!

Torbay in Tier 2: High Alert

- No mixing of households indoor
- Rule of 6 outdoors
- Pubs and bars substantial meals only
- Limited sporting events and performances
- COVID-19 Secure care home visits only
- Organised outdoor sport permitted
- Indoor leisure, accommodation, education and entertainment open but no household mixing

- Resources
 - [COVID-19_Tier_Posters_2020_Final_High.pdf \(publishing.service.gov.uk\)](#)
 - www.gov.uk/guidance/local-restriction-tiers-what-you-need-to-know

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Feedback: what information and support do you need?



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Resources and next steps



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COVID CHAMPIONS LINK TREE (resources)



Scan this QR code and bookmark the linktr.ee resource page

<https://linktr.ee/TorbayCouncil.champions>

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Credible sources of information

- www.torbay.gov.uk/coronavirus
 - www.gov.uk/coronavirus
 - www.nhs.uk/coronavirus
 - www.who.int/coronavirus
-
- Like our Facebook page: www.facebook.com/torbaycouncil
 - Follow us on twitter: @Torbay_Council
 - Email us Champions@torbay.gov.uk

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Plus

- A fortnightly bulletin, which will update you with the latest developments and guidance
- A fortnightly online forum meet-up, to enable you to participate in discussions, share ideas and have opportunity to feedback what you have found to work or not work so well
- Access to resources
- Support from us via Champions@torbay.gov.uk



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After signing up

You will receive a certificate to evident your part in the COVID Community Champion network



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Businesses

Will receive a certificate to display to customers, a decal for the workplace and a logo to place on their website and social media



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Chat from the evening

- Is it true flu vaccine is available to over 50's this year? **Yes it is.** From December, (as in flu vaccine for over 50s)
- The original name for the virus was SARS2 NCov19 and the complication which cause severe illness was Covid 19 has this changed? **No, it is the same thing**
- How much have schools influenced the rise ? **Schools have an impact but less than other measures - as impact of lockdown seems to be showing**
- Comparing November to the peak in March and April what would be the difference. Do we know why it went up so dramatically? **November vs March/April - there wasn't testing available to everyone then so we can't compare numbers of cases. But numbers in hospital and numbers of deaths have not been as high**
- Can you forecast what will happen and what change is needed in the community to make a difference in the forecasted outcomes? **This is really difficult. National groups are trying to forecast using different models of what might happen. It is very influenced by our behaviours so reducing contacts, distancing and isolating if you have symptoms does make a major difference. We can see from the lockdowns that reducing social contacts reduces the rates, so being extra careful when we come out of lockdown is key.**
- How long do infected particles hang in the air. if you followed someone coughing inside, would just the brief inhalation cause the spread? **Being in a room with fresh air can reduce the risk of infection from particles by over 70% (<https://www.gov.uk/government/news/new-film-shows-importance-of-ventilation-to-reduce-spread-of-covid-19>)**
- If I have cold like symptoms and am asked by my employer to have a test - should I isolate even if asymptomatic? **If you take a test you do need to isolate in case it comes back positive - even if you don't have symptoms (unless you are testing weekly as NHS or social care staff)**
- I work with families and one father had a colleague who tested positive, he carried on going to work and although he kept his two children off the oldest went out with friends and the father also shopped at the supermarket how do you deal with this?
- How are you going to measure / validate if people are being extra careful - do you audit anywhere- businesses / offices - supermarkets - anywhere else? - would this make any difference? **We do work closely with businesses, especially those more likely to have risk of spread, or where staff or clients are vulnerable. We share advice and information, we work with them if they have a case of covid, and we also do some follow up if we hear of problems or if they ask for advice**

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Chat from the evening

- Currently I am asking staff to isolate if they test positive for 10 days if not showing symptoms , but this extends if they develop symptoms during this period ,for a further 10 days after symptoms start showing. I don't believe this is very common knowledge - thank you, yes (<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate>)
- Will it will be positive between 8 to 16 weeks till the body clear it by itself as Science said a few weeks ago? **It is possible for tests to detect residual virus for some time after COVID-19 infection. Anyone who has previously received a positive test result for COVID-19 should only be re-tested within a 90-day period if they develop any new symptoms of COVID-19 (<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>)**
- Are sports teams classed as bubbles? As in can they go out as groups together? (for food etc.) **A support bubble is a close support network between a household with only one adult or a household with one adult and one or more people who were under the age of 18 on 12 June 2020 in the home (known as a single-adult household) and one other household of any size. This is called making a 'support bubble'. Once you're in a support bubble, you can think of yourself as being in a single household with people from the other household. It means you can have close contact with that household as if they were members of your own household. Once you make a support bubble, you cannot change who is in your bubble (<https://www.gov.uk/guidance/making-a-support-bubble-with-another-household>)**
- Can secondary school children pass it to one another, or are most secondary school cases coming from families? **It's a mix. Most transmission generally comes from those you live with or mix with socially. a few cases are spread within school 'bubbles'**

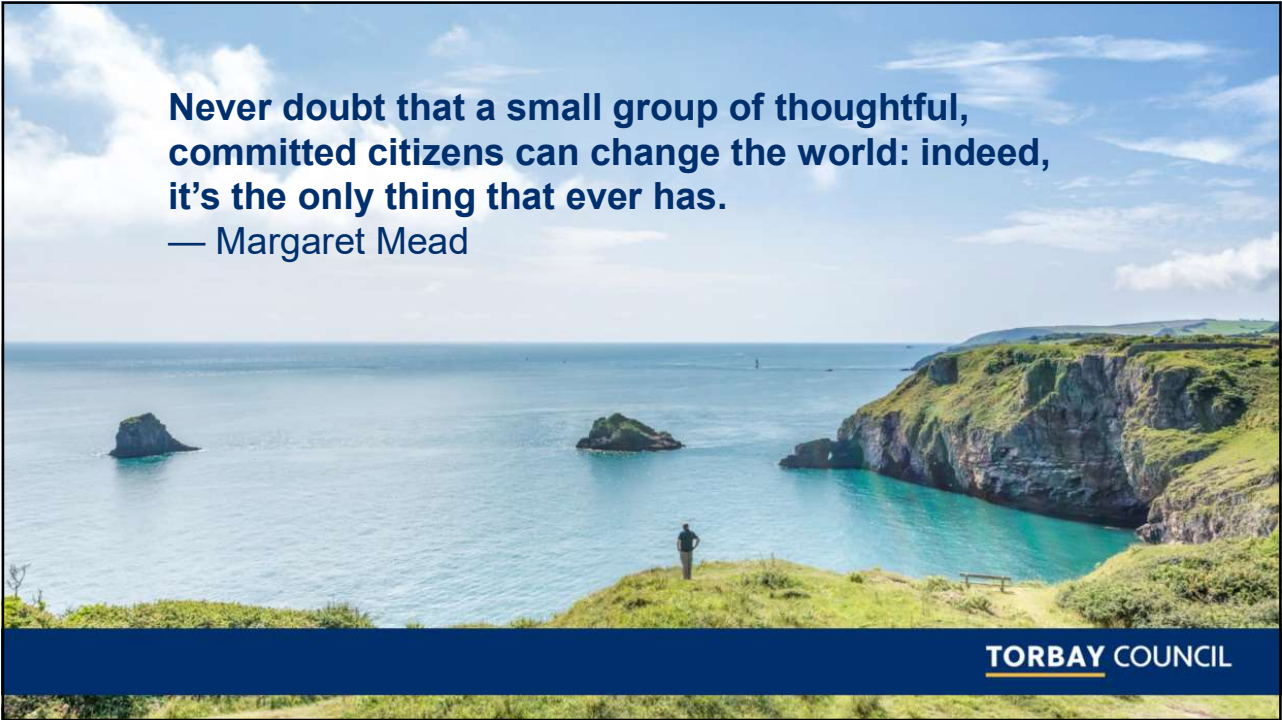
Please remember to register as a COVID Community Champion (if you haven't already) and please help us to promote the Champions' network [COVID-19 Community Champions - Torbay Council](#)

Thank you for coming and thank you for all of your support

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**Never doubt that a small group of thoughtful,
committed citizens can change the world: indeed,
it's the only thing that ever has.**
— Margaret Mead



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