

Welcome!

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TORBAY COUNCIL

Outline of the session

- Welcome
- COVID Champs – overview
- Update on Covid-19 in Torbay
- Having a COVID-19 secure Christmas
- Resources for you and next steps



COVID Community Champions

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What are we asking you to do?



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The Council



You

Your family

Your neighbours

Your friends

Your Colleagues

Their friends

Their neighbours

Their extended family

Their Colleagues

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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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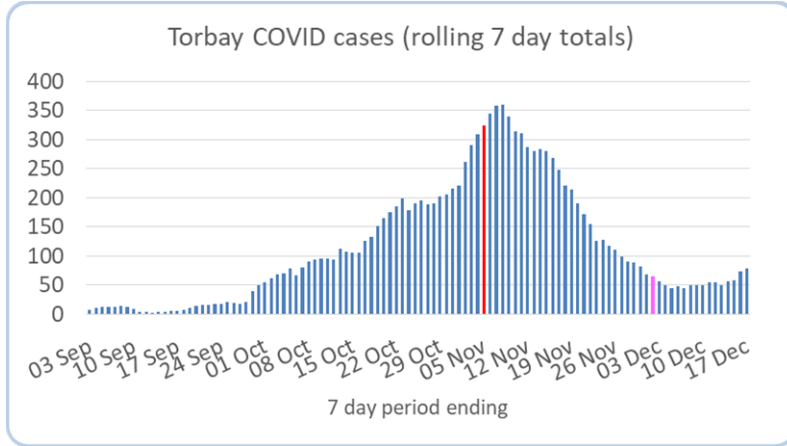
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Torbay and COVID-19

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COVID Cases – Local



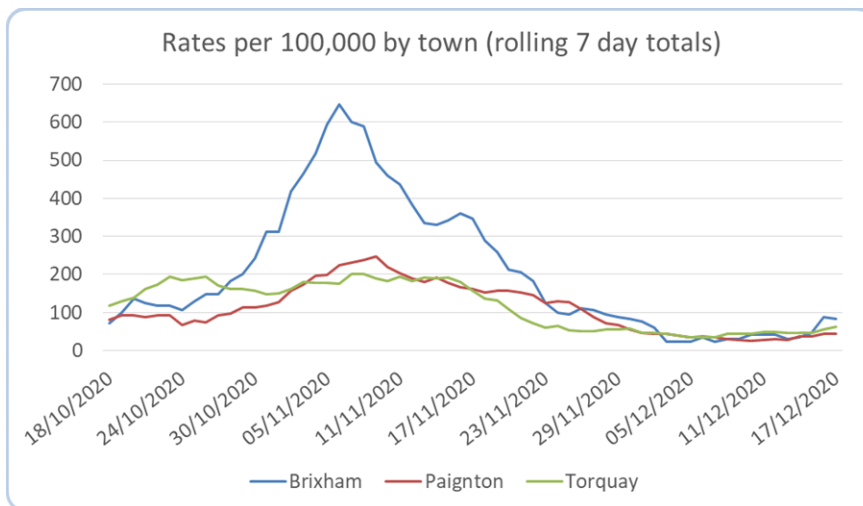
- The latest data is for the 7 day period ending 17th December. Number of cases is 79 (58.0 per 100,000 people)

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

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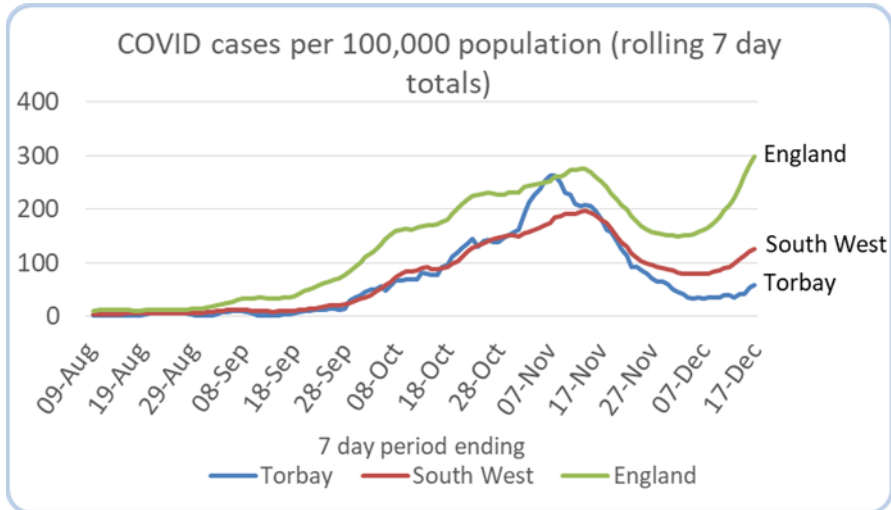
COVID Cases – Local



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COVID Cases – Local



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Christmas



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Tier 2

- Torbay is currently in Tier 2
- It is essential that we all continue to follow Tier 2 restrictions to prevent an increase in COVID-19 cases

GL4

Christmas Bubbles



- **Three households may meet on December 25th**
- These three households must remain the same throughout the day
- Think carefully about the risk to you and your loved ones before forming a Christmas bubble
- You cannot meet anyone from a Tier 4 area

GL4 can we include here whilst the 'rules' have stayed the same, the narrative and advice around has shifted in acknowledgement of current position

Gainsbury, Lex, 18/12/2020

GL4

Christmas Bubbles



- Only meet your Christmas bubble in private homes or in your garden, places of worship, or public outdoor spaces
- Stay local and avoid travel
- Ideally, stop all contact outside your immediate household 5 days pre Christmas

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GL2

GL3

Top tips this Christmas

- Small, local and short
- Outside wherever possible
- If inside –
 - Ventilate
 - Physical distancing
 - Face coverings
 - Wash hands regularly
- Virtual meet ups with wider family



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Slide 13

- GL4** can we include here whilst the 'rules' have stayed the same, the narrative and advice around has shifted in acknowledgement of current position

Gainsbury, Lex, 18/12/2020

Slide 14

- GL2** i would move this up to straight after the xmas bubble section so it goes what you can do, what you should try to do

Gainsbury, Lex, 18/12/2020

- GL3** have we got the strongly advice to not travel between tiers?

Gainsbury, Lex, 18/12/2020

Restaurants and pubs?

- The rules on who you can meet in bars, pubs and restaurants will not change
 - You may only eat out with your household or support bubble
- You must not have a work Christmas lunch or party as a social activity



Places of Worship

- You may attend places of worship in Tier 2
- On 25th December you may attend a place of worship with your Christmas bubble
- There is further information in the [guidance for the safe use of places of worship during the pandemic](#).

Care Homes

- You should not visit friends and family in care homes at Christmas if you have *any* symptoms or have been in contact with anyone who has

Shops

- Santa's grotto may be open in all tiers – these should be made COVID-19 secure
- Shops may open, but you should only go with people from your household or support bubble.



GL5
GL6

Travel at Christmas

- You may travel for your Christmas Bubble
 - Plan ahead
 - Avoid unnecessary stops
 - Wear a face covering, sanitise and keep distance
 - Don't car share outside of household / support bubble
- If necessary, you can stay in a hotel, hostel or B&B during the Christmas period outside of a Tier 4 area
- Stay local if possible



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From the 26th

- Rules as per Tier 2
- This means you can only meet your support bubble indoors
- There are NO exceptions for new year

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Slide 19

GL5 include her advice to not travel/stay local etc etc and avoid travelling to lower tier areas

Gainsbury, Lex, 18/12/2020

GL6 general

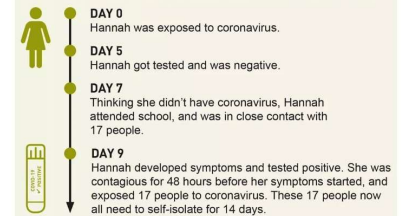
Gainsbury, Lex, 18/12/2020

COVID-19 testing this Christmas

- If you test positive for COVID-19 over Christmas, you must self-isolate
- If you have been in contact with someone who has tested positive, you must self-isolate for 10 days even over Christmas
- If you have been in contact with a positive case, you must self-isolate **even if you subsequently test negative**

Coronavirus Incubation timeline

It can take up to 14 days to develop symptoms after exposure - this is known as the incubation period.



This is why it's so important to self-isolate for the allocated time and to only book a test if you develop symptoms.

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The new COVID-19 variant

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Slide 21

GL7 weve asked for somethign along these lines (but making clearer that they are IDd as a close contact) from comms, will email now to ask to provide to you if done in time as i think going through an illustrative example could be helpful

Gainsbury, Lex, 18/12/2020

New Variant

- Potentially more infectious
- Does not appear to be more serious at the moment
- Can be tested for using existing tests
- Vaccine should still be effective

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Resources and next steps



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COVID Champions Linktree



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



@TorbayCouncil.champions

When to book a COVID test

Current restrictions in Torbay

Video update from Dr Caroline Dimond (20 November)

Latest case numbers for Torbay

Latest Torbay COVID case numbers by area

National guidance from GOV.UK

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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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Christmas Resources

- [Guidance for the Christmas period - GOV.UK \(www.gov.uk\)](https://www.gov.uk)
- [Making a Christmas bubble with friends and family - GOV.UK \(www.gov.uk\)](https://www.gov.uk)
- [COVID-19: suggested principles of safer singing - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

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Plus

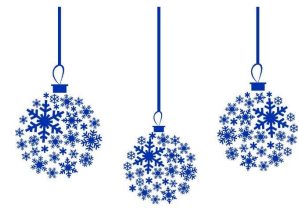
- A fortnightly bulletin, which will update you with the latest developments and guidance
- A fortnightly online forum meet-up, to enable you to participate in discussions, share ideas and have opportunity to feedback what you have found to work or not work so well
- Access to resources
- Support from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



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MERRY CHRISTMAS FROM ALL OF US IN THE PUBLIC HEALTH TEAM AT TORBAY COUNCIL



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Points from the Chat

- There was a question about the rise of cases in Brixham. There was an emphasis that cases in all areas are on the increase, not just in Brixham
- We talked about collecting University students from their accommodation and bringing them home for Christmas. This is permissible in accordance with these guidelines [Christmas guidance set out for university students - GOV.UK \(www.gov.uk\)](#)
- There was much discussion about the new variant of COVID (and here is the link to the Health and Social Care Secretary speaking about it to the House of Commons) [Sharp rise in coronavirus numbers and a new variant - GOV.UK \(www.gov.uk\)](#)
- We revisited the [Guidance for the Christmas period - GOV.UK \(www.gov.uk\)](#)
- [Links to Champions' resources, including this Zoom session, can be found here COVID-19 Community Champions - Torbay Council](#)

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