

Welcome!

22 April 2021

Today's Public Health team are:

Sarah Aston

Eileen Wicks

Julia Chisnell

Kirsty Smith

Guest speakers:

Dr Elizabeth Ginn, Clinical Lead for
Respiratory Health, Torbay Hospital



Outline of the session

- Welcome and introduction
- Living with Long COVID
- Update on Covid-19 in Torbay
- Your questions
- Quiz
- Champion tasks and volunteering opportunity

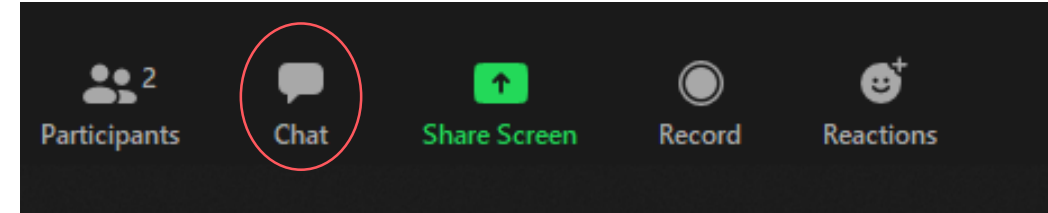


Webinar Etiquette

- Please stay on mute unless speaking
- If you want to speak please raise your hand (further slide gives instructions)
- If your signal is poor, the host may disable your video (if on) as this helps with band width
- Please post questions in the chat
- Open forum, please be friendly and kind
- We cannot answer any personal or political questions
- If not relevant to others, please email Champions@torbay.gov.uk

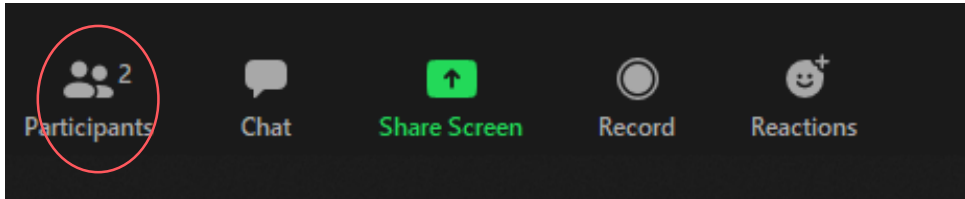
If you have a question...

If you have a question please write it in the chat:

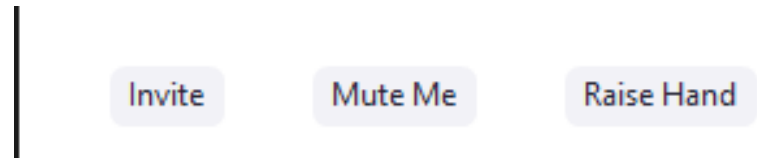


If you want to speak, please raise your hand by:

1) Click on participants at the bottom of your screen



2) Your participant screen will pop up with the option to 'raise hand'



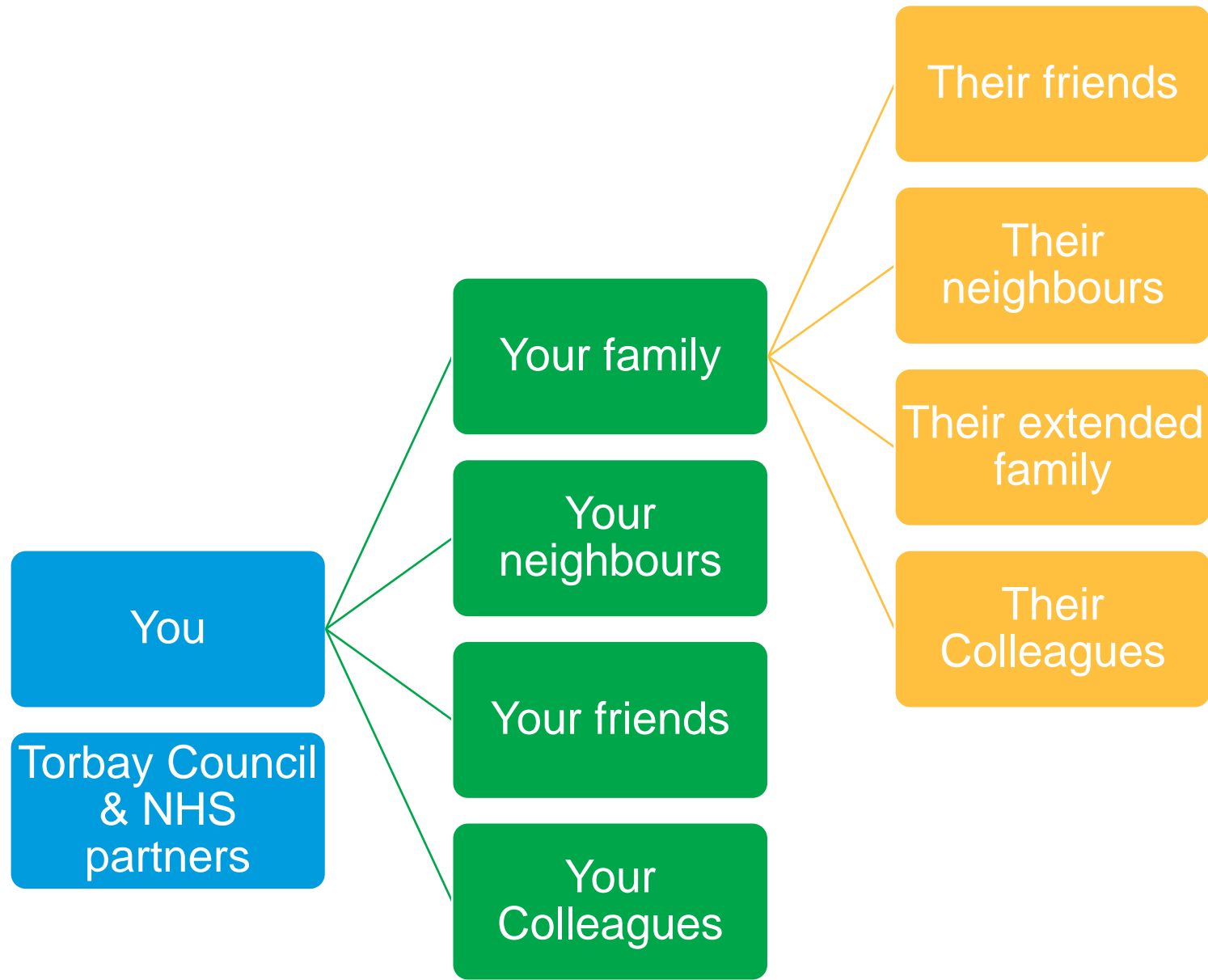
3) Click on 'Raise Hand' to enable the host to see you; a blue hand will then appear



4) The host will unmute you after inviting you to speak

**What are we
asking you to do?**





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.

Coming soon...

- Window stickers for settings (*your business, school or early years site etc*)
- Certificates of thanks for volunteers
- Something else currently **TOP SECRET!** (but here's a clue...)
‘we promise to do our best’



Living with Long COVID

A local patient view

+

Dr Elizabeth Ginn, Clinical
Lead for Respiratory
Medicine

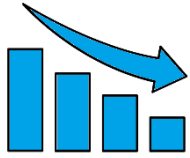
Torbay & South Devon
NHS Foundation Trust



Torbay and COVID-19: Latest data

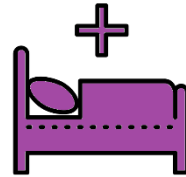


COVID Overview



Lowest case rates since early September
Number of cases in 7 days to Saturday 17th April – 9 cases

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



As of 20th April, there were no COVID patients at
Torbay & South Devon Foundation Trust

Source: [NHS England](#)



95% of those aged 50 and over have had their first
vaccination dose (As of 11th April)

Source: [NHS England](#)



There have been no COVID deaths registered in the
last 2 weeks for Torbay residents

Source: [Office for National Statistics](#)

Questions from the Champions

Do we know what percentage of people who are COVID positive go on to develop Long COVID?

Clinicians and scientists don't yet have enough long term data but we have case reports from June 2020 onwards. So far estimates are that around 10% to 25% of people with COVID go on to develop longer term issues. <https://www.yourcovidrecovery.nhs.uk/>

Questions from the Champions

Does the severity of your COVID symptoms make a difference to whether you develop Long COVID?

You are more likely to get ongoing lung problems if you have been in intensive care with COVID and on a breathing machine as your lungs will take time to recover.

However there is no relationship between the severity of the initial COVID infection and whether you go on to develop Long COVID.

Long COVID is a syndrome with a range of symptoms including shortness of breath, chest pain or tightness, problems with memory and concentration ("brain fog"), difficulty sleeping (insomnia), heart palpitations, dizziness, pins and needles, joint pain, depression and anxiety, tinnitus, earaches, nausea, diarrhoea, stomach ache, loss of appetite, temperature, cough, headaches, sore throat, changes to sense of smell or taste, rashes

<https://www.england.nhs.uk/coronavirus/post-covid-syndrome-long-covid/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/long-term-effects-of-coronavirus-long-covid/>

Questions from the Champions

Is there any evidence that people are more affected if they suffer with asthma and use a nebulizer, or if they use a CPAP machine for sleep apnoea?

People who suffer from asthma, or airway disease from cigarette smoking, are more likely to get COVID more severely. Males over 70 with high blood pressure, diabetes and/or a lung conditions are more likely to require help with their breathing. However that doesn't mean they are more likely to go on to get Long COVID Syndrome.

Having a previous diagnosis of Chronic Obstructive Sleep Apnoea Syndrome doesn't increase the susceptibility or severity of COVID infection or susceptibility to Long COVID.

<https://www.nhs.uk/conditions/sleep-apnoea/>

Questions from the Champions

Can people who have COVID with no symptoms still go on to develop Long COVID?

Yes they can, although we haven't seen many cases yet.

Do as many young people as older people get COVID and Long COVID?

Yes it can be anyone. Young adults and children are more likely to have milder symptoms with COVID infection, but there is still a possibility they can develop Long COVID.

Children with COVID sometimes show unusual symptoms, for example 'COVID-toes', which is a type of painful chilblain or rash.

Questions from the Champions

Are there any treatments for COVID that help to prevent Long COVID?

Is there anything we can be doing to help ourselves if we are diagnosed with COVID, to help reduce the possibility of developing Long COVID?

We know about treatments, like particular prescribed steroids and vitamin D, which can reduce the severity of the initial illness. However, we don't know whether these also reduce the possibility of developing Long COVID.

What we do know is that these are useful if people are really ill in hospital with COVID as they might reduce your time on ITU or on a ventilator.

The severity of COVID varies so much between individuals, for instance there could be a teenager with COVID blue toes who is well in themselves, a 70 year old man with diabetes and heart disease, or an 85 year old lady who still goes swimming every day in the sea. All of them could potentially get Long COVID.

We don't have all the answers yet and that is why Public Health England and the NHS are gathering information to learn more about treatments for both COVID and Long COVID.

Questions from the Champions

Are people with Long COVID still testing positive for COVID and are they still contagious?

No they are no longer contagious.

People can continue to test positive up to 90 days after their initial infection.

[COVID-19: long-term health effects - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

[Long Covid: what are the symptoms and how long does it take to recover? | BHF](#)

QUIZ!



COVID

Champions

The illustration shows four stylized figures: a woman in a pink vest and mask walking a dog, a man in a green shirt and mask holding a shopping bag, a child in a red dress, and a woman in a yellow top and blue pants holding a blue speech bubble. A red location pin is positioned above the first 'O' in 'COVID'.

Question 1

COVID is generally defined as 'Long COVID' where symptoms last more than 12 weeks after the initial infection

Answer: True

Poll Result: 100%

Question 2

Long COVID symptoms are only respiratory (to do with the lungs & breathing)

Answer: False

Poll Result: 100%

[Long-term effects of coronavirus \(long COVID\) - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Question 3

Anyone in England can get a COVID test sent to their home for free

Answer: True

Poll Result 100%

[Testing for people with COVID-19 symptoms - Torbay Council](#)

[Community testing for people with NO COVID-19 symptoms - Torbay Council](#)

Question 4

As a COVID Champion would you be interested in receiving a sticker to display in your setting saying 'I'm a COVID Champion' or 'We're COVID Champions'?

100% said Yes

please email champions@torbay.gov.uk with your address and let us know which sticker you would like i.e. 'I'm a COVID Champion' or 'We're COVID Champions'

Key messages

1. Long COVID can affect anyone who has had COVID-19; 15-25% of people who have had COVID experience symptoms for 12 weeks+
2. We don't know enough about Long COVID yet - research is happening now to understand it more
3. Please continue to be extra kind, patient and respectful, no one has had it easy in the last year and it is more important than ever that we remain the together as the whole Torbay community.

#ResponsibleRiviera **and** **#RespectProtectEnjoy**

Your Mission.....



COVID

Champions

The word 'COVID' is written in large, white, sans-serif capital letters. Below it, the word 'Champions' is written in white, sans-serif lowercase letters inside a blue, rounded rectangular shape. The background is a dark blue. There are several small illustrations: a woman in a pink vest and mask walking a dog, a man in a green shirt and mask holding a box, a woman in a yellow shirt and mask holding a blue speech bubble, and a small child in a red dress.

We need your help with four things please

1. Share a fact with a friend
2. Share a post with your people (if you're on any social media)
3. Get your champions badges or certificates
4. We are looking for volunteers to help promote community testing in Torbay: **At our mobiles sites – explain why regular testing is important along with hands/face/space/fresh air and vaccination, & hand out testing kits for people to use at home... champions@torbay.gov.uk**

#COVIDCHAMPIONS

#TORBAY

Thank you, you Champion!



COVID Community Champions

TORBAY COUNCIL

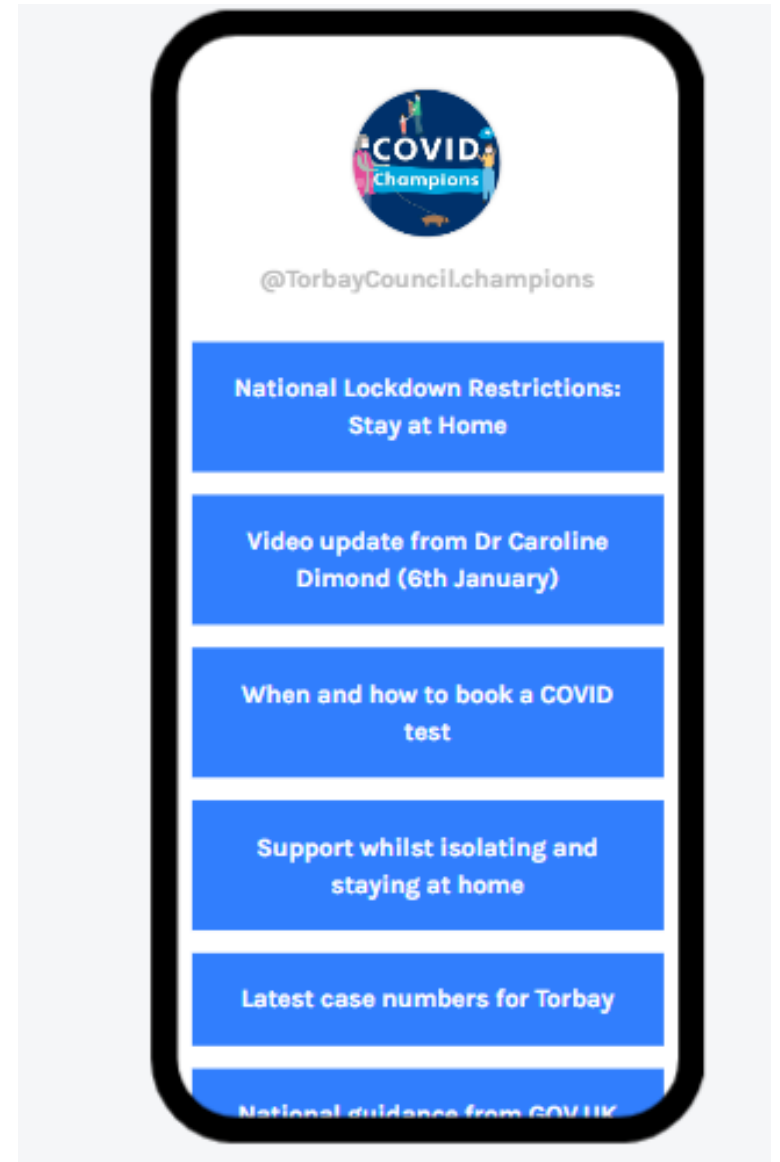
Resources and next steps



COVID Champions Linktree



Visit and/or share the link - <https://linktr.ee/TorbayCouncil.champions>



Credible sources of information to visit and share

- 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

What do you get as a Champion?

- 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

