

Welcome to the Derbyshire Dales Community Champion Update

Project Update: We held our first Community Voice Forum last Friday. We were joined by members of the community from across the Derbyshire Dales representing a variety of groups. Our social media campaign will be evolving over the coming weeks so look out for updates on the DDCVS twitter page.

As the Prime Minister shares his roadmap out of the third national lockdown there will be questions and concerns raised and by joining our network of 'Community Champions' you can help us share updates and key messages with your communities and keep your friends and family safe, well and informed.

Our next forum will take place on Friday 5th March @ 10.00am. Let's keep the conversation going, this is a two-way process and a way to find out what is happening in other communities as well as raising your concerns. To join the meeting and request regular updates please email Rachel@ddcvs.org.uk

Latest News:

Testing, Testing, Testing... One in three people who have the virus don't have any symptoms. People who are out and about working and coming in to contact with other people through their 'work' are being encouraged to be tested and protect their family. If you have had your 1st vaccination you are still encouraged to have a regular test. The Derbyshire Dales Testing Centre will be opening in February located at County Hall in Matlock.



Community testing	NHS testing
✓ For people who don't have symptoms.	✓ If you have symptoms book a test.
✓ Don't need to book - just turn up.	✓ Book a test online by visiting nhs.uk/coronavirus or call 119.
✓ For people who live or work locally.	✓ You can receive a postal test or get an appointment at a test centre.

CORONAVIRUS
PROTECT YOURSELF & OTHERS

DERBYSHIRE
County Council

Workplace testing: Medium and large sized organisations in the public and private sector can now access testing for employees without symptoms through the national workplace testing offer. Testing is key to stopping the spread of Covid-19 and more than 2.5 million tests have been distributed across the public and private sectors so far.

If you do have coronavirus symptoms, please **don't** visit a test centres. Self-isolate at home and arrange a test through the NHS. Visit nhs.uk/coronavirus

Symptoms of Coronavirus:

The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

What to do if you have symptoms

If you have any of the main symptoms of coronavirus:

1. Get a test to check if you have coronavirus as soon as possible.
2. You and anyone you live with should stay at home and not have visitors until you get your test result – only leave your home to have a test.

Get a test to check if you have coronavirus on GOV.UK

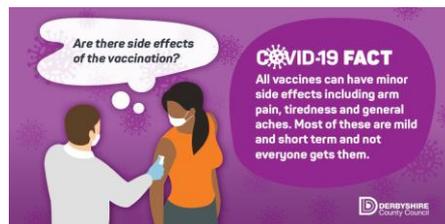
Call **111** if you cannot get help online

Anyone in your support bubble should also stay at home if you have been in close contact with them since your symptoms started or during the 48 hours before they started.

Vaccine Update: Official figures showed 92.5% of people aged over 70 had received a vaccination in Derby & Derbyshire. People over 70 and have not yet been vaccinated should contact their GP practice. The Covid 19 vaccination roll out is continuing and will now be focusing on a new set of eligible people.

These will be:

- Anyone aged 65 years old or over
- Anyone who is clinically extremely vulnerable
- people who are at moderate risk from coronavirus (clinically vulnerable)
- people who live or work in care homes
- health and social care workers



If you are now eligible for your covid-19 vaccination, then you will be contacted. Please do not phone your GP. You can also [book your vaccination online](#) if you fall into any of the eligible categories above except for people classed as at moderate risk - you will be contacted by the NHS.



Your Health & Wellbeing - Connect

Keep connecting with family or friends over the phone, through letters or via video calls. Connect with music. When you play it, think about how it makes you feel. Connect with your pet if you have one. Talk to them, how do they react and how do you feel? Enjoy the moment...

Keeping in touch: If you have any questions, ideas or concerns please email: Rachel@ddcvs.org.uk