

Community Resilience Group Weekly Briefing - 62

08 April 2022

Covid Update

Case numbers continue to be high across the NHS Highland area but appear to be reducing. Over the period from 30 March to 6 April there were 2262 new positive cases in Highland reported, compared to 3187 for the previous 7-day period. The latest 7-day rate is 960.8 per 100,00 population. Figures are the new number of reported positive cases (either a person's first LFD or PCR positive test including reinfections) in the latest 24-hour period.

In terms of neighbourhood data, the map below and accompanying table, highlights the positive cases per 100,000 in communities across the Highland area.

7 day positive cases in Highland based on people tested between 29 March 2022 and 4 April 2022

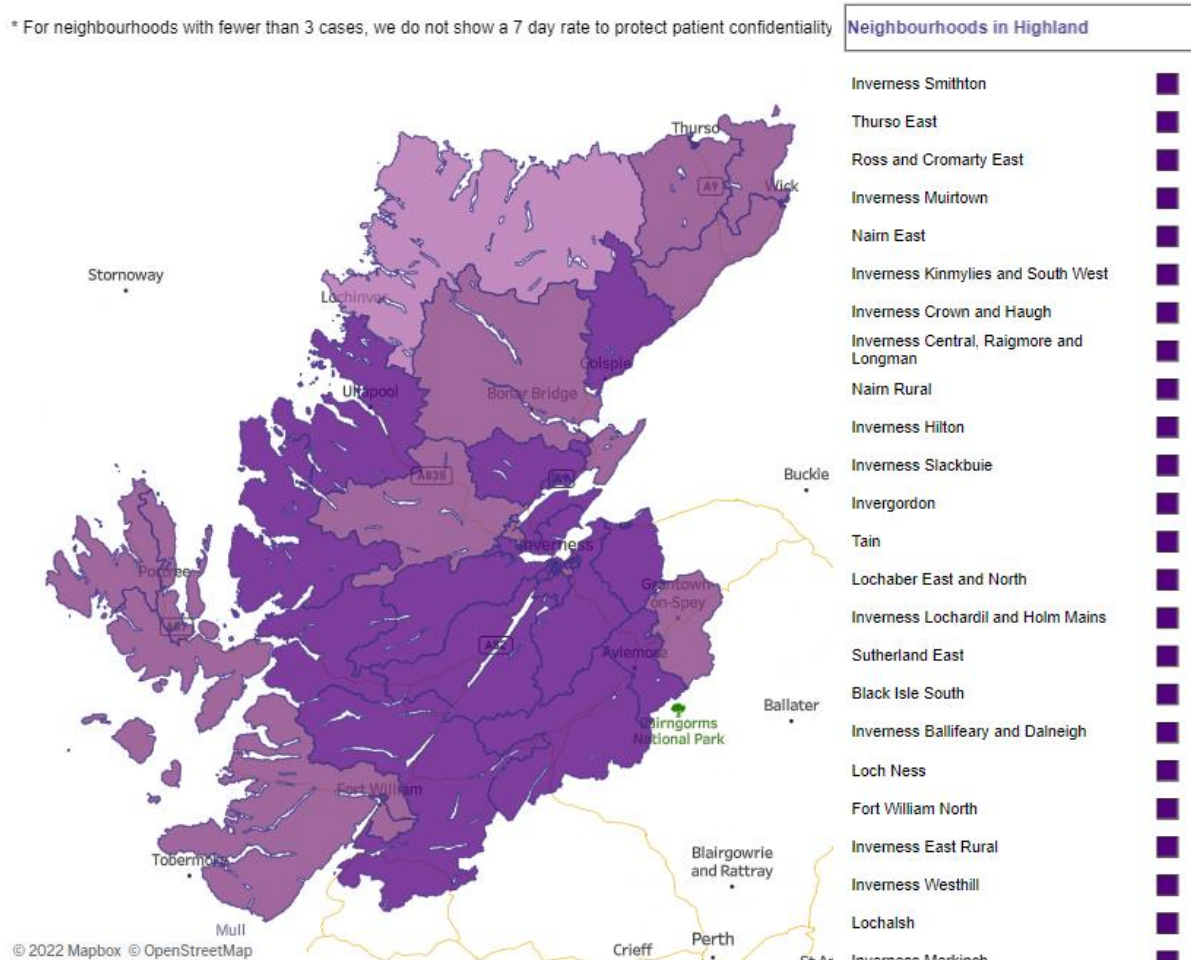
7 day positive cases	7 day positive rate per 100,000 population
2,262	960.8

The data for the most recent days are likely to be incomplete, therefore a 3 day lag has been applied to this data.

7 day positive rate per 100,000 population



* For neighbourhoods with fewer than 3 cases, we do not show a 7 day rate to protect patient confidentiality



Scottish Government Coronavirus (COVID-19)

There was no First Minister COVID-19 statement this week.

Please continue to follow guidance.

COVID-19 is still a public health risk. You can catch it even if you've been vaccinated or had it before.

By continuing to care for ourselves and others, we can help slow down the spread of the virus, enable workplaces to operate safely and reduce pressure on health services.

To help keep yourself and others safe:

- [get the vaccine](#) or [the vaccine booster](#)
- if you don't have symptoms take [lateral flow tests](#) twice a week, and if visiting someone vulnerable or going to a crowded place
- if you have symptoms - [self isolate and book a PCR test](#)
- you must wear a [face covering \(unless exempt\) in most indoor public spaces and on public transport](#)
- open windows when meeting indoors
- wash your hands regularly, and cover your nose and mouth if coughing or sneezing
- work from home as well as the office if you can – businesses and workplaces should follow the [safer workplace guidance](#)
- use the apps: [COVID status](#) (vaccine passport) and [Protect Scotland](#)

<https://www.gov.scot/coronavirus-covid-19/>

Covid-19 Testing

Symptomatic Testing (with symptoms)

If you do believe you have symptoms, please self-isolate and book a PCR test. Postal PCR kits are available through NHS Inform either by calling 0800 028 2816 or online <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-how-to-do-a-pcr-test-at-home>.

In addition to the local support that is available, people can get support to self-isolate by calling the Council's helpline number: 0300 303 1362. This can include access to food and supplies to self-isolate and individuals may be entitled to a £500 self-isolation support grant.

Asymptomatic Testing (without symptoms)

It continues to be important that people test themselves even if they don't have symptoms. Taking a rapid LFD test twice a week can help stop new variants earlier, limiting the spread of the virus.

From Friday 1st April you can no longer pick up COVID-19 lateral flow tests from pharmacies.

You can still order LFD tests via nhsinform.scot/testing until Monday 18th April. For more information visit nhsinform.scot/testing.



Lateral Flow Tests no longer available from pharmacies

From Friday 1st April you can no longer pick up COVID-19 lateral flow tests from pharmacies.

You can still order LFD tests via nhsinform.scot/testing until **Monday 18th April**.

For more information visit nhsinform.scot/testing.

Community Testing 11-14 April for those without symptoms (Asymptomatic):

The community testing programme offers rapid COVID-19 tests for people without symptoms. Community asymptomatic testing comes to an end on Thursday 14th April, so next week will be our last week of testing and outreach

Next week, we are not deploying any testing units. With universal testing coming to an end, we will be concentrating on outreach activities in the locations below:

Monday 11 April

- Kingussie, Ardvonie Car Park on Gynack Road, 9.30am-12 noon
- Aviemore Retail Park, 1pm-3.30pm
- Invergordon Library, 9am-12 noon
- Alness High Street, seating area off Bank Lane, 1pm-4pm

Tuesday 12 April

- Beaully, The Square, 9am-12 noon
- Conon Bridge, High Street Car Park, 1pm-4pm
- Dornoch Castle Street, 9.30am-12 noon
- Tain High Street, Service Point, 1pm-3.30pm

Wednesday 13 April

- Ullapool, Tesco Car Park, Latheron Road, 9.30-12 noon and 12.30pm-3pm
- Thurso High Street, Museum, 10am-12 noon and 12.30pm-2.30pm
- Portree, Somerled Square, 10am-12 noon and 12.30pm-2.30pm

Thursday 14 April

- Golspie, Fountain Road Car Park, 10am-12 noon
- Brora, Gower Lane Car Park, 1pm-3pm

For those with symptoms, anyone that becomes unwell should isolate immediately and seek a PCR test. PCR tests can be booked through [NHS Inform online](#) or by calling 119 if you can't book a test online. You may be able to order a PCR test to do at home, depending on availability.

Covid-19 Vaccination Update

The latest update from NHS on the vaccine can be accessed at the following link: www.nhsinform.scot/covid19vaccine.

For details of vaccination clinics in Highland, including drop-in clinics and GP practices supporting the booster roll-out, please check the link below. There are also FAQs on how vaccinations are being delivered in the NHS Highland area.

<https://www.nhshighland.scot.nhs.uk/COVID19/Pages/Vaccination.aspx>

Vaccination Scams

Scammers are using mobile phone numbers to offer Covid-19 tests using a 'vaccinationpass' website which then demands payment.

If you receive a message, call, or link like this, do not respond. Instead, notify www.scamwatch.scot or call 0808 164 6000.

For information on vaccination scams and other Covid-19 related scams, visit the Trading Standards Scotland website <https://www.tsscot.co.uk/coronavirus-covid-19/coronavirus-scams/>.

Scottish Government COVID-19 Community Pathway Update

The Scottish Government has launched a campaign to highlight the closure of the COVID-19 Community Pathway from Friday 1 April 2022.

The COVID-19 Community Pathway was first set up in March 2020 in response to the Coronavirus pandemic. From 1 April 2022 patients who are unwell with COVID-19 symptoms and call NHS 24 during the in-house period (i.e., Monday – Friday, 8am - 6pm) will be advised to contact their GP practice. 111 will continue to answer calls related to COVID-19 symptoms out of hours.

If you are unwell with COVID-19 symptoms and need medical advice contact your GP practice or call 111 if out of hours



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Key Messages

- From 1 April, if you are unwell with COVID-19 symptoms and need medical advice, contact your GP practice when open. Only call 111 when your GP practice is closed
- From 1 April, the 111 helpline will continue to answer calls related to COVID-19 symptoms when GP practices are closed
- The NHS Inform coronavirus webpage remains the fastest way to obtain the latest health advice and information. Visit nhsinform.scot/COVID-19

You can help by sharing campaign assets with your contacts via your social media channels <https://sgmarketing-newsroom.prgloo.com/resources/f/covid-19-campaigns/covid-19-community-pathway-closure>.

Census Scotland 2022 - support for those yet to complete.

Census Scotland are delighted with the overall response from across Scotland's diverse communities, and that is in no small part to the messaging and support that has been provided to your community members.

Census Scotland would now like to focus on those who have yet to complete their Scotland's Census 2022 questionnaire, as there is yet some time to do so before 1 May 2022.

They have provided information which outlines the [help and support](#) available, including [language and accessibility support](#) and ask that we again share their [toolkit](#) with any networks. Individuals can also be signposted to their contact centre if they would like to request a paper questionnaire, or even complete their census questionnaire over the telephone by calling 0800 030 8308. (Calls are free-of-charge from UK landlines and mobile phones and available Monday to Friday: 8am to 8pm, Saturday and Sunday: 9am to 4pm).

Scottish Flood Forum – Survey 2022

The [Scottish Flood Forum](#) is asking for help as part of their ongoing improvement and development of services by inviting you to participate in their biannual survey.

As a charitable organisation, the SFF services support flood risk communities and with your help and insight, they can ensure they continue to improve and shape what they do and how they do this. As this survey is focussed on direct support to communities, please do share it through your community group/networks as appropriate.

The survey is open until Friday 29th April at 11pm, has 12 questions and should take around 10 minutes to complete. Click the link to access the survey:

<https://www.surveymonkey.co.uk/r/T6KPVYX>

Food Support for Groups

We know that a number of you continue to provide support to the most vulnerable in your communities and that most of you already have well defined routes for accessing food to provide this support or are supporting individuals to access their shopping or community fridges/food tables.

If you are struggling to access food to continue support to vulnerable people locally, please do contact us through the policy mailbox and we can look at ways that we can support your group going forward.

Contact: policy6@highland.gov.uk

Helpful Links

Welfare Support Team -

www.highland.gov.uk/directory_record/102970/benefit_advice

Self Isolation Support Grant - www.highland.gov.uk/info/20016/coronavirus/940/self-isolation_support_grant

Energy Advice
energyadvisors@hi.homeenergyscotland.org

AbilityNet - IT advice or support AbilityNet
Helpline 0800 048 7642.

Covid Resilience Grant Support -
www.highland.gov.uk/directory_record/1422811/supporting_community_resilience/category/155/grants_for_community_groups

HTSI Community Group Helpline
Telephone Number 01349 808022