

## **Hertfordshire Local Resilience Forum Stakeholder Update 26 November 2021**

### **A message from Genna Telfer, Assistant Chief Constable and Chair of the strategic coordination group of the LRF**



Dear colleague,

Thank you for your continued interest in these updates. Just as the COVID virus itself continues to change, our response to the challenges posed by COVID must change too. Ensuring that Hertfordshire residents, as well as those who travel in and out of the county, have reliable and up-to-date information is an ongoing priority for our Local Resilience Forum organisations.

Please do read and share this information with people that you know or represent that might be interested.

This weekend is predicted to be our first real cold snap – so please look out for vulnerable friends or neighbours. For advice on how to signpost people in need to local sources of help and support, the Hertfordshire winter health and wellbeing guide is a great place to start. You can read it online [here](#).

### **New coronavirus variant – travel restrictions introduced today**

The discovery of a new COVID variant which has been identified in South Africa, Botswana, Lesotho, Eswatini, Zimbabwe and Namibia, has led the UK government to restrict travel to and from these locations.

British nationals arriving from these countries between midday Friday 26 November and 4am on Sunday 28 November, and who have been in these countries within the last 10 days, must quarantine at home for 10 days and take NHS PCR tests on day 2 and day 8, even if they already have a lateral flow test booking.

Passengers arriving in England from 4am on Sunday 28 November will be required to book and pay for a government-approved hotel quarantine facility for 10 days. Direct flights from the six countries will be banned from midday Friday until hotel quarantine is up and running from 4am Sunday 28 November.

These precautionary measures have been taken while the new variant is investigated. Find out more [here](#).

### **COVID vaccination update**

#### **Booster update – how to get yours**

Across Hertfordshire and west Essex, more than 346,000 double-jabbed people have already had their booster jab as well – taking action to get protected against the virus before their immunity dips and winter sets in.

Don't forget that there are different routes to get your booster vaccination in our area:

- most GP practices are contacting their own registered patients to invite them to a vaccination clinic as they become eligible to have their booster jab (182 days after they had their second dose)

- you can book an appointment at a participating local pharmacy or vaccination centre by calling 119 or visiting this web site: [www.nhs.uk/coronavirus-vaccination](http://www.nhs.uk/coronavirus-vaccination)
- you can drop-in to a walk-in vaccination centre session, or pop-up clinic without an appointment. An up-to-date list of Hertfordshire and west Essex walk-in clinics can be found here: <https://covid.healthierfuture.org.uk>

### **Adults aged 40+ can now book their boosters**

Last week we updated you that adults aged 40+ will soon be able to have their COVID booster vaccinations in Hertfordshire, as long as at least 182 days have passed since their second vaccination dose. This week we are pleased to be able to confirm that the national directive required to enable our sites to start booking in and vaccinating this new age group has been received. Adults aged 40 and older can make an advanced booking for their booster jab 152 days after their second vaccinations, but must wait until 182 days have passed before they can have their jabs.

### **16 and 17 year-olds – more venues added and second doses now available**

The required national directives have now been received to enable 16 and 17 year-olds to have a second COVID vaccination in our area, at least 12 weeks after their first dose. People in this age group who have recently had COVID must also wait 12 weeks after their positive test before getting a second vaccination.

In other news, more walk-in vaccination slots have opened up to people in this age group in our area. They can be viewed here: <https://covid.healthierfuture.org.uk/events/vaccination-walk-in-clinic-times>

Young people and their family members who prefer to book ahead can use the national booking site or call 119.

### **‘Making every contact count’ - using the vaccination programme to improve wellbeing**

This month, teams working to improve the general health and wellbeing of the county’s population have been supporting attendees at pop-up vaccination clinics at Watford Mosque, Queensway Health Centre in Hatfield and the University of Hertfordshire.

Health Improvement Service staff proactively approached people who were being observed for the mandatory 15 minute waiting period after their vaccine, and offered them a range of health checks and conversations. These included taking blood pressures, weight and calculating BMI and offering advice on alcohol awareness, stopping smoking, physical activity and healthy eating. Over the course of the three events the teams took more than 40 blood pressures, calculated 17 BMIs, conducted 10 mini health-checks and had various conversations on health matters. Mental health support from MIND was offered to those who attended Watford mosque, and lateral flow tests were given out.

More opportunistic health help sessions such as these are now being planned.

Thank you.