

Hertfordshire Local Resilience Forum Stakeholder Update 5 November 2021

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



Dear colleague,

Guy Fawkes' night is likely to be marked by a busy weekend of get-togethers across our county. If you're planning a social event, please wrap up warm and meet outside if you possibly can. If you do plan to meet indoors, encourage everyone to take a quick lateral flow test before you get together and keep rooms well-ventilated to reduce the likelihood of COVID-19 spreading amongst your friends or family.

New guidance issued to schools and early years settings

You may be aware that this week, Hertfordshire's Director of Public Health Jim McManus and the county council's Director of Children's Services Jo Fisher wrote to our area's schools, early years settings, parents and carers with information on additional measures to help keep COVID-19 case rates low.

The letter contained a number of public health recommendations designed to reduce the spread of the virus before winter, including updated advice on the wearing of face coverings in schools.

You can find out more about the guidance, including why it has been recommended and when it will be reviewed [here](#). Thank you to everyone involved in education for playing your part to reduce the spread of the virus.

Vaccination update

Vaccinations for 12-15 year-olds – 'walk in' clinics now available

The NHS in Hertfordshire is delighted that parents and carers have been enthusiastically taking up the offer of COVID-19 vaccinations for their 12-15 year-old children. In response to popular demand:

- more clinic time in our vaccination centres will be opened up for this age group from Monday 8 November
- parents and their children will now be able to 'walk-in' to these clinics, without booking ahead
- clinics will now be bookable until at least 12 December.

Clinics will take place after school and at the weekends. To book ahead, use the [national booking service](#) website or call 119. To find a 'walk in', no appointment needed session, check our local Hertfordshire and west Essex website, here: www.covid.healthierfuture.org.uk.

At the same time, efforts to vaccinate children in their secondary schools continue. All of Hertfordshire's secondary schools will have been visited by school vaccination teams by mid-November, with follow-up sessions currently being planned for after this date, prioritising schools where there are the greatest number of children yet to be vaccinated.

There is information about the COVID vaccination programme tailored to the needs of parents and young people on this local website: <https://covid.healthierfuture.org.uk/vaccine-information-for-young-people>

Feeling the effects of Long COVID? There is help available

Some people who have had COVID-19 find that their symptoms last for a long time after the initial infection has gone. Extreme tiredness, shortness of breath, problems with memory and concentration ('brain fog'), insomnia or joint pain could all mean that someone has Long COVID.

The NHS website [Your Covid Recovery](#) is here to help people recover and manage symptoms that are still there weeks or months later. The website includes information from experts about how to look after your health and wellbeing and detailed advice on coping with symptoms and recovering from COVID-19. It also includes information on returning to work, and a helpful section for family, friends and carers who are supporting someone recovering from COVID.

If, at any time in the recovery from COVID, someone is worried about continuing symptoms (or develops new or worsening symptoms) they should contact their GP to get additional help. GPs can organise tests to find out more about people's symptoms and rule out other things that could be causing them. People may also be referred to local COVID rehabilitation services that can offer extra support.

Thank you.