



Hertfordshire is in a **national lockdown** along with the rest of England, with residents being told that we must stay at home. The vaccine offers us hope and a clear way out, but we are not there yet and residents must continue to play their part and follow the rules. For more information about the lockdown rules, visit:

[National lockdown: Stay at Home - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

## Keep on doing the basics:

- make sure we wash our hands regularly and thoroughly
- wear a face-covering when required
- keep our distance from others
- self-isolate when told to do so



HANDS



FACE



SPACE

## COVID vaccinations

If you are aged 70 and over and haven't yet had your first COVID-19 vaccination, you are now encouraged to book at [nhs.uk/covid-vaccination](https://nhs.uk/covid-vaccination) or by calling 119 free, between 7am -11pm if you cannot book online. If you can't find a suitable slot, contact your GP practice.

Until now the NHS has asked people to wait until they are contacted to help ensure that those who are most vulnerable are protected first - and that remains the case for most people.

However, to ensure absolutely everyone is offered the vaccine, people aged 70 and over can now contact the NHS so they can be vaccinated by the middle of this month.

If you received a letter in 2021 asking you to shield, you should also receive an invitation from your local family doctor as well as an invitation from the national booking service inviting you for a jab.

The order in which people are offered the vaccine is set by the government and based on advice from the Joint Committee on Vaccination and Immunisation (JCVI). Vaccination centres in Hertfordshire are working to vaccinate the top 4 priority groups at the moment. For more information about vaccinations in Hertfordshire visit [www.hertfordshire.gov.uk/vaccine](https://www.hertfordshire.gov.uk/vaccine)

Even after a second dose of the vaccination, in order to protect yourself, your family, friends and colleagues, you must still follow public health advice at work, at home and when you are out and about: practise social distancing, wear a face-covering, wash your hands carefully and frequently and follow the current guidance [www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)

Hertfordshire's Director of Public Health is aware of concerns about the South African Variant and vaccines and confirms the vaccine still works well at preventing severe disease and against the predominant variants circulating in the UK. A booster designed specifically to address the South African Variant is being readied. So please, take the vaccine. Whichever vaccine you are offered is better than severe disease. "I know when my turn comes, I will take whichever vaccine I am offered."



**Rapid COVID testing for key and essential workers in Hertfordshire** Free rapid testing for anyone **without** coronavirus symptoms is now available across Hertfordshire and all key and essential workers who cannot work from home are encouraged to book a rapid test every few days to help ensure that essential services are as safe as possible. To book a test, please visit [www.hertfordshire.gov.uk/rapidtest](https://www.hertfordshire.gov.uk/rapidtest) Results in 45 minutes. If you have symptoms of coronavirus you cannot have a rapid test – instead please book a standard PCR test at [www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)

**Affected By Coronavirus? Please Contact HertsHelp.** They can help with food, household essentials, medication, financial support, advice, emotional support, as well as ways to improve your health and wellbeing. Visit [www.hertshelp.net](https://www.hertshelp.net) or email [info@hertshelp.net](mailto:info@hertshelp.net) or call 0300 123 4044. For more information and guidance for residents and businesses during the pandemic please visit [www.hertfordshire.gov.uk/coronavirus](https://www.hertfordshire.gov.uk/coronavirus)

