

Public health briefing for the borough of Bury – 12 November, 2021

Keep Warm, Keep Well

While we've all been focused on Covid-19, other winter bugs have been arriving in increasing numbers. We're already seeing plenty of colds, respiratory illnesses and some early cases of flu.

We anticipate that continued social distancing, wearing of masks, greater ventilation and hand-washing will go some way in limiting the spread of all sorts of nasties, along with our borough's fantastic uptake of both Covid-19 and flu vaccinations.

However, it should be noted that cold weather can be just as bad as viral illnesses, especially for people aged 65 and older. As we age it takes longer to warm up, which raises the risk of increased blood pressure, heart attacks and strokes.

Age UK and the UK Health Security Agency (formerly Public Health England) have teamed up to produce some really helpful hints and tips for staying warm and well, perfect for printing out to give to older friends and relatives. Find them [here](#)

We'll be revealing more of Bury's own winter plan in the coming weeks. In the meantime, keep a look out for our handy booklet which is currently being delivered to every household in the borough. It's packed with lots of useful information and guidance about healthcare services, mental health support, vaccinations and testing.

Let's look after each other and enjoy the winter season safely.

Covid cases fall again

The number of new cases of Covid-19 fell in the week to 6 November, when Bury had the 5th highest rate in Greater Manchester with 358.7 cases per 100,000. The number of new cases fell across most age groups, although case numbers continue to be highest among school-aged children. This fall may still reflect reduced mixing among school-aged children over the half term, and numbers of cases may



flatten or increase again in the coming weeks. The number of people in local hospitals fell. This likely reflects falling case numbers in older people from around one week earlier. We continue to see deaths from Covid-19 in Bury, with three in the week to 6 November.

7-day case figures:

- Week ending 6 November: infection rate per 100,000 – 358.7 (684 new cases).
- Week ending 30 October: infection rate per 100,000 – 443.6 (846 new cases).
- Week ending 23 October: infection rate per 100,000 – 414.8 (791 new cases).
- Week ending 16 October: infection rate per 100,000 – 363.4 (693 new cases).

Boost your immunity

First and second dose vaccinations

If you are aged 16+ and haven't yet had a first or second dose of the Covid-19 vaccination, it's not too late. Bury has clinics running regularly at our four local vaccination centres, where you can walk in or pre-book.

- For people aged 16+.
 - Young people aged 16 and 17 will receive a single vaccine.
 - Young people within three months of turning 18, and those aged 18+, will be offered two doses of the vaccination, 8 weeks apart.
- Second doses 8+ weeks since the first.

How to book

- Find details of upcoming walk-in clinics [here](#).
- [Book](#) an appointment if you prefer.
- Or book an appointment via the [National Booking Service](#) (our Ramsbottom and Elizabethan Suite sites plus other sites outside of Bury can be booked via this route) or by calling 119.
- If you need support to book please contact your GP practice.

Booster and flu vaccinations

Patients eligible for the Covid booster and flu vaccines will be contacted to book an appointment in priority order. The Covid-19 booster vaccine will be offered at least 6 months (182 days) after your second dose of the vaccine. You can now make a booking for your booster jab online if it's been five months since your second jab.

12 to 15-year-old vaccination programme

Vaccinations for 12 to 15-year-olds can now be booked at external vaccination clinics via the [National Booking Service](#) or by calling 119.

Note: Vaccinations for 12 to 15-year-olds are not currently available at Bury's four vaccination clinics.

The following clinics will be running as walk-ins for first and second vaccinations (age 16+) in the coming days:

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| Tuesday 16 November | Elizabethan Suite | 8.30am – 5.30pm |
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| | Town Hall, Knowsley Street, Bury, BL9 0SW | |
| Tuesday 16 November | Prestwich Vaccination Clinic, Prestwich Walk-in Centre building, Fairfax Road, Prestwich, M25 1BT | 1.30pm - 4.30pm |
| Wednesday 17 November | Elizabethan Suite Town Hall, Knowsley Street, Bury, BL9 0SW | 8.30am – 5.30pm |
| Wednesday 17 November | Prestwich Vaccination Clinic, Prestwich Walk-in Centre building Fairfax Road, Prestwich, M25 1BT | 9am - 12.30pm 1.30pm - 4.30pm |
| Friday 19 November | Prestwich Vaccination Clinic, Prestwich Walk-in Centre building, Fairfax Road, Prestwich, M25 1BT | 1.30pm - 4.30pm |
| Friday 19 November | Ramsbottom Civic Hall, Market Place, Ramsbottom, BLO 9AJ | 8.30am – 5.30pm |
| Sunday 21 November | Elizabethan Suite, Town Hall, Knowsley Street, Bury, BL9 0SW | 8.30am – 5.30pm |
| In addition, we have the following AstraZeneca second dose clinics which are bookable only, taking place at Ramsbottom Civic Hall: | | |
| Saturday 20 November | Ramsbottom Civic Hall Market Place, Ramsbottom, BLO 9AJ | <u>AstraZeneca second dose clinic bookable only</u> Afternoon appointments, bookable at: https://covid.nhsbookings.com/gmpcn |
| Sunday 21 November | Ramsbottom Civic Hall Market Place, Ramsbottom, BLO 9AJ | <u>AstraZeneca second dose clinic bookable only</u> Morning appointments, bookable at: https://covid.nhsbookings.com/gmpcn |

It's best to test!

Testing for Covid-19, even if you don't have symptoms, remains one of our best defences against the spread of the virus. It's estimated that 1 in 3 people who have Covid-19 don't know that they do, so they could unknowingly pass it on.

Using quick LFT tests on a regular basis helps to pick up cases that might otherwise be missed. Testing helps us to break the chain of transmission and protect people around us.

In Bury, we have multiple options available for people to continue to test.

LFT (Lateral Flow Testing)

Self-testing with LFT test kits is easy to do at home or at work. There are several ways to get LFT kits:

- Collect them from a community pharmacy. Check your [nearest participating pharmacy](#) - you'll need a collect code which you can request [here](#).
- Collect them from the Mosses Centre in Bury - just [book](#) a Click and Collect slot.
- Order online [here](#) and they'll be sent to your home.

If you do an LFT test, you need to register your results online or by phoning 119 within 24 hours of taking the test. Anyone who has a positive LFT test result should self-isolate and take a follow-up PCR test within two days, even if they don't have symptoms.

Getting a PCR test

If you have any of the three most common symptoms of Covid-19 (new continuous cough, high temperature, loss or change of sense of taste or smell) get a PCR test as soon as possible to protect yourself and those around you.

The PCR test you take will be analysed at a laboratory and you will receive the results by text message, email or telephone.

A range of PCR testing options are available in Bury:

- No appointment required - Chesham Fold, Chesham Fold Road, Bury BL9 6JZ (9am to 3pm, Monday to Friday) *new earlier opening time*.
- Appointment only - Mosses Centre, Cecil Street, Bury BL9 0SB. [Book online](#).
- Appointment only – Department of Health sites located in Prestwich, Radcliffe, Ramsbottom and Whitefield. [Book online](#).
- [Order](#) a home testing kit (delivered by post).

Call 0161 253 5515 to speak to someone about testing, how to book and availability or find more information [here](#).

Self-isolate to help stop the spread of Covid-19

People who have had both jabs, or are aged under 18, are no longer legally required to self-isolate if they are identified as a close contact of a positive Covid-19 case. Instead, they are advised to get a free PCR test as soon as possible.

It is important that if you have any symptoms of Covid-19 you should stay at home and await your result. And if you do test positive, you should stay at home for a full 10 days, not leaving home for any reason during this time.

By isolating in a timely and correct way you will be helping to stop the spread of Covid-19.

Bury's Community Hubs are still there for anyone who needs support, including those who are self-isolating. To access essential help, call 0161 253 5353 (9am to 5pm, Monday to Friday) or text 07860 022876 (messages responded to by the next working day).

Further information is [on the community hubs webpage](#).

Helping people through difficult times

Life has changed for all of us through the pandemic, and it's natural that this may cause you to feel worried or anxious, lonely or frustrated. If you feel you need some extra support, Bury's Getting Help Line is a confidential telephone service run by the voluntary sector for people of all ages who are experiencing difficulties with their mental wellbeing.

You can access advice, guidance and signposting to local services by calling the Getting Help Line on 0161 464 3679. [Find out more](#) about other mental wellbeing support.

Next update due Friday 19 November, 2021.

For up-to-date information about Covid-19 visit bury.gov.uk/coronavirus