

Latest Covid-19 advice for the borough of Bury - 16 July, 2021

Let's be cautious as restrictions are lifted

Bury's health leaders are urging people to remain cautious from Monday 19 July when Covid-19 legal restrictions will be lifted.

Infection rates in Bury remain high and local people are asked to continue to take actions that will help to prevent the virus from spreading.

The Government confirmed this week that all legal Covid-19 restrictions will be lifted on Monday 19 July, [in line with step 4 of its roadmap](#).

Lesley Jones, Bury's director of public health, said: "All of us can't wait for life to return to normal, and Monday's removal of the final lockdown measures might make it seem like that.

"But Covid isn't going anywhere right now. The infection rate in Bury, and across the land, is still far too high, and we don't know how much pressure this is going to put on the NHS or how many people will become seriously ill with the virus. High case rates also mean many more people will need to self-isolate."

Lesley added: "While it will no longer be a legal requirement to wear face masks or maintain social distancing, we are calling on Bury people to do the following: keep washing your hands regularly, take part in 'track and trace', and self-isolate if you test positive.

"Also, meet outdoors when you can, and continue to wear face coverings in high-risk settings such as public transport, shops and health centres.

"If you have not been vaccinated we urge you to go along to one of our many walk-in clinics and get the vaccination – and remember to return for your second dose in order to get the full protection.

"I also want to thank everyone for their efforts so far to keep the virus under control and urge them to remain cautious to protect themselves and others."

NHS patients, staff and visitors must continue to wear face coverings in healthcare settings

England's Chief Nurse has reminded the public that everyone accessing or visiting healthcare settings must continue to wear a face covering and follow social distancing rules.

Covid restrictions will end in many settings in England from Monday. However, Public Health England's infection prevention control guidelines and hospital visiting guidance are set to remain in place for all staff and visitors.

That means NHS visitor guidance will stay in place across all health services including hospitals, GP practices, dental practices, optometrists and pharmacies to ensure patients and staff are protected.

Staff, patients and visitors will also be expected to continue to follow social distancing rules when visiting any care setting as well as using face coverings, masks and other personal protection equipment.

The NHS will continue to support staff in ensuring that the guidance is followed in all healthcare settings.

What we can all do to help prevent the spread

Many of the measures we have grown used to over the past 16 months in preventing Covid-19 infections will continue to be essential in preventing infections after Monday 19 July.

The advice includes:

Minimising the risk to yourself and others

- Meet outdoors where possible and let fresh air in
- Wear a face covering in crowded places such as public transport and when asked to by others, for example: staff in health and care, shops, workplaces and those who may be more vulnerable
- Minimise the number of people you meet, and watch how close you are to them and for how long - 2 metres is still a good rule of thumb
- Wash your hands regularly and cover your face when you cough

Vaccination

- Get the first dose of the vaccine as soon as possible if you are over 18 and have not yet had it
- Get the second dose when it's due for the best protection (8+ weeks from the first)

Testing

- Continuing to test twice a week if you don't have symptoms – particularly in schools, colleges, workplaces and before meeting others
- Making sure you self-isolate immediately and get a PCR test if you have symptoms
- You should get a PCR test if you are a close contact of someone else who has tested positive

People who are extremely clinically vulnerable should be extra cautious in following this advice and in addition they may want to:

- Be cautious about meeting up with others, especially in crowded spaces and indoors
- Wait until 14 days after the person you want to meet has had their 2nd vaccination
- Continue social distancing
- Ask friends and family to take a lateral flow test before meeting you
- Consider visiting shops during quieter periods of the day

Bury's Community Hubs continue to provide support to people who are extremely clinically vulnerable. Find out how to get in touch on [Bury Council's website](#).

Get your second jab to avoid having to self-isolate

The rules on self-isolating after coming into contact with someone who has Covid-19 will change from 16 August.

People who have had their second dose of the vaccine at least two weeks previously will no longer have to self-isolate for 10 days if they are identified as a close contact of someone who has Covid-19.

This is because the evidence is showing that people who have had two doses are less likely to get infected, and less likely to pass on infection if they do become infected.

This change – from 16 August - will mean that people's personal and work lives should be less disrupted as a result of coming into contact with someone who has the virus – and it's another good reason to get the vaccination.

This week's vaccination clinics

The push is continuing to encourage younger people to come forward for their first dose of the Covid-19 vaccine, and for people to get their second dose when it's due.

The current list of clinics is at www.bury.gov.uk/coronavirus-vaccine. This coming weekend's walk-in clinics (you can also book) are:

Friday 16 July

Ramsbottom Civic Hall, Market Street. 8.30am to 6.30pm. Pfizer first dose and second dose.

Saturday 17 July

Ramsbottom Civic Hall, Market Street. 8.30am to 6.30pm. Pfizer first dose and second dose.
Elizabethan Suite, Knowsley Street, Bury. 8.30am to 1pm. Pfizer first dose and second dose.

Sunday 18 July

Ramsbottom Civic Hall, Market Street. 8.30am to 1pm. Pfizer first dose and second dose.
Elizabethan Suite, Knowsley Street, Bury. 8.30am to 1pm. Pfizer first dose and second dose.

If you'd prefer to book an appointment at one of our local clinics you can do so at www.covid.nhsbookings.com/gmpcn

Every weekday

Fairfield General Hospital operates a walk-in, no-appointment needed clinic from Monday to Friday each week.

- 8.30am to 5.30pm (Mondays, Tuesdays, Wednesdays and Fridays)
- 1pm to 8pm (Thursdays)

AstraZeneca **second doses** are offered on Mondays only until 19 July, after this date the Pfizer vaccine will be available on a Monday.

Pfizer **first and second doses** are offered Tuesday to Friday (for anyone aged 18 and over).

Fairfield General Hospital (Education Centre), Rochdale Old Road, Bury, BL9 7TD.

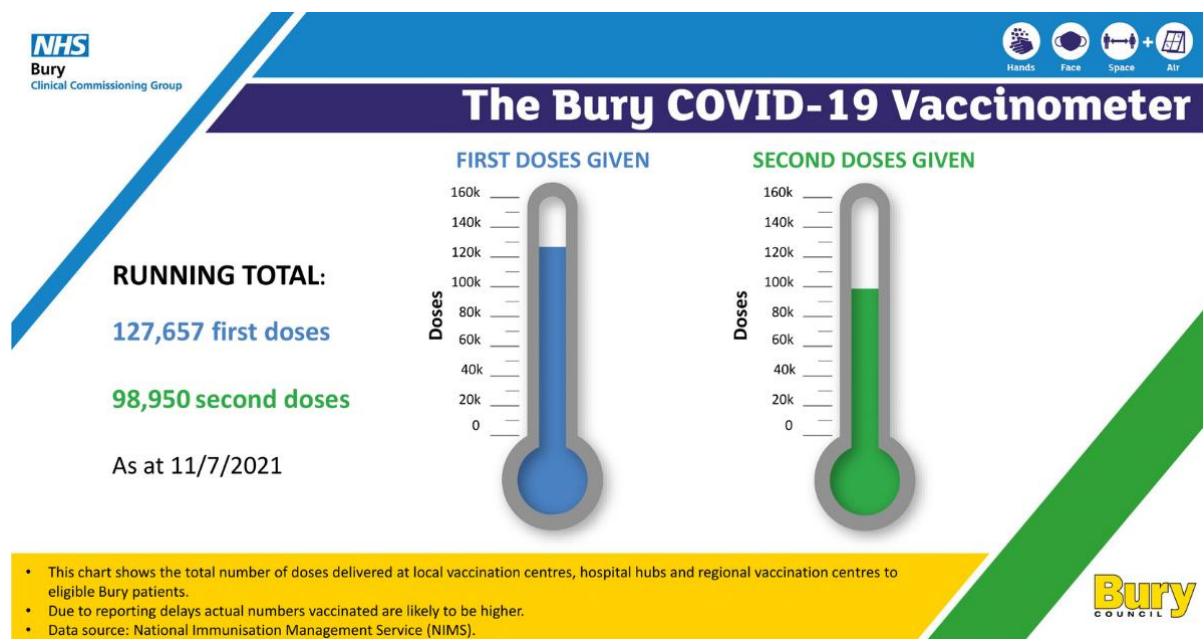
There is limited free vaccination hub parking available opposite the Education Centre entrance.

If you would prefer to book for this clinic you can now do so through the national booking service, or alternatively, call 0161 778 2104.

Access the [NHS National Booking Service](#) or call 119.

Total vaccinations now top 226,000

A total of 127,657 people registered with a Bury GP have now had their first Covid jab and 98,950 residents have received their second dose – bringing the total number up to 226,607.



Case rate remains similar

The number of new cases of Covid-19 in Bury was about the same as in the previous week. The weekly rate of new cases in Bury in the week up to 10 July was 402.6 per 100,000. This gave Bury the second lowest rate of new cases in Greater Manchester. The number of people in local hospitals with Covid-19 has increased. We continue to see small numbers of deaths registered in Bury with Covid-19 on the death certificate.

7-day case figures:

Week ending 10 July: infection rate per 100,000 – 402.6 (769 new cases).

Week ending 3 July: infection rate per 100,000 – 403.2 (770 new cases).

Week ending 26 June: infection rate per 100,000 – 361.8 (691 new cases).

Week ending 19 June: infection rate per 100,000 – 344.5 (658 new cases).

It's best to test!

Testing for coronavirus, whether you have symptoms or not, remains one of our best defences against the spread of the disease.

In Bury we have multiple options available to people to access both LFT (Lateral Flow Tests) for people without symptoms and PCR tests for people with symptoms, or those asked to get tested, when they need them.

Rapid LFT tests

An estimated 1 in 3 people who have the virus don't know that they do, so they could unknowingly be passing it on to their loved ones or work colleagues.

Regular rapid testing, twice a week, helps to pick up cases that might otherwise not have been discovered. With this knowledge we can break the chain of transmission, helping us to protect people around us and safely get back to the things we enjoy and a more normal way of life.

The rapid LFT test takes approximately five minutes to complete and the result is available in around an hour if you are having an assisted test, or 30 minutes if you are taking the test yourself at home.

LFT tests are available for collection from testing sites at Waterfold Business Park and from the Mosses Centre by appointment only. You can also book an assisted test at Waterfold.

Home testing kits can also be collected from local pharmacies, or home delivered if ordered on the gov.uk website.

Full details on LFT testing options and booking for assisted tests are available [here](#)

If you have a positive result on an LFT test

Anyone who has a positive test result should self-isolate and will be required to take a follow-up PCR test within two days to confirm the result, even if they don't have symptoms. This is also important to help track any variants of concern.

Even if you have a negative result, it's still vital to continue to follow the guidance around hands, face, space and air to avoid catching coronavirus.

PCR testing for people with Covid-19 symptoms

If you have any of the three most common symptoms of coronavirus - a high temperature, a new continuous cough, or a loss or change to your sense of smell or taste - we urge you to get tested to protect yourself and the people around you. Please get tested within the first 3 to 5 days of symptoms.

A range of PCR testing options are available right across the borough:

- No appointment needed at Bury's walk-through testing centre, open 10am - 3pm, Monday – Friday (excluding bank holidays) at Chesham Fold, 95 Chesham Fold Road, Bury BL9 6JZ.
- By appointment 8am - 8pm, with some locations open seven days a week, at Department for Health & Social Care testing centres located at:
 - The former Radcliffe Pool car park, Blackburn Street, Radcliffe
 - Whitefield Library, Pinfold Lane, Whitefield
 - Longfield Centre car park (via Rectory Lane), Prestwich
 - Great Eaves Road test site, Great Eaves Road, Ramsbottom
- By appointment at The Mosses Centre, Cecil Street, Bury
- Bury's drive-through testing site at Waterfold Business Park is available by appointment only.

Access the [latest information](#) about testing, how to book and availability or call 0161 253 5515.

Stop the spread - self-isolate

If you're told to self-isolate, it's important to do so immediately and for the full 10 days. You shouldn't leave home for any reason during this time (including the period of awaiting a Covid-19 test result).

Keeping yourself away from other people when you could be infectious is the most effective way of stopping coronavirus from spreading.

You're not alone if you find doing this hard. Planning ahead, even before you have been told to self-isolate can make things easier; for example, think about how you would get necessities like food and medication in the event of the household having to self-isolate.

Bury's Community Hubs are still here for anyone who needs support because they have no one to turn to for 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).

More information is [on the community hubs page of our website](#).

Helping people through the toughest times


As the coronavirus pandemic continues, life has changed for all of us 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.



Could you help us get important Covid-19 information out to people in Bury?

The Bury Community Champions scheme was created so we could get important news about Covid-19 developments out to people quickly, and in the best format for them.



We're looking to recruit more Champions to join the dozens of people across the borough who have already signed up to the scheme, and help our public health team to co-produce and send out information like bulletins, leaflets, videos and assets for social media, some of which could be adapted for different needs, e.g. in different languages.

As the latest developments with new variants have shown, getting the word out to our communities so that people can take action for themselves and their families is more important than ever.

[Find out more](#) about becoming a Community Champion.

Next update due Friday 23 July, 2021.

Find up-to-date information at bury.gov.uk/coronavirus