

Latest Covid-19 advice for the borough of Bury - 30 July, 2021

Cases have fallen – but let's be cautious

Following recent sharp rises, Bury's Covid-19 infection rates are now falling. The weekly rate of new cases up to 24 July was 389.5 per 100,000 which was the 9th lowest rate out of the 10 areas in Greater Manchester, and below the average for the North West. However, ONS data (which is not affected by testing rates) has showed that the prevalence of infection continued to increase for the North West as a whole. Numbers of people in hospital with Covid-19 are broadly stable and deaths from Covid-19 remain low.

7-day case figures:

Week ending 24 July: infection rate per 100,000 – 389.5 (744 new cases).

Week ending 17 July: infection rate per 100,000 – 595.8 (1,138 new cases).

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).

While this is good news, the borough's public health leaders have urged us to keep taking action to further drive transmission down:

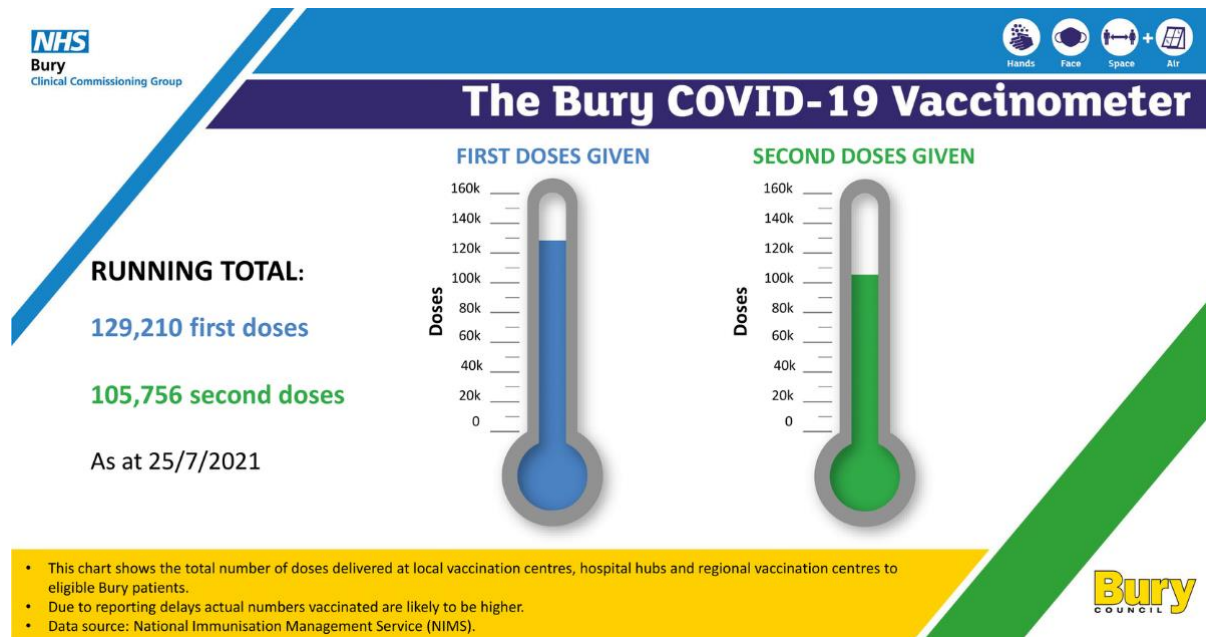
- Wear face coverings in crowded areas such as public transport
- Meet outside as much as possible and/or let in fresh air
- Minimise the number, proximity and duration of social contacts
- Continue to wash or clean your hands frequently.

Also: continue to test, to isolate if positive or asked to by NHS Test and Trace, and ensure you and your family members go for your first and second vaccinations at the earliest opportunity.

It all helps, and we thank everyone in Bury for remaining cautious, being considerate and – overall – staying safe.

Total vaccinations edging 235,000

Residents are being urged to get their Covid vaccinations and take the total number of jobs beyond this week's tally of 234,966.



The latest figures show that 129,210 people have now had their first dose of the vaccination, and 105,756 residents have had both jabs.

Everyone eligible in Bury who has not yet had their first Covid-19 vaccination is being urged to come forward, and there are clinics running most days to make getting the jab as convenient as possible.

Second doses - usually administered at least eight weeks after the first dose – are also available at all clinics, which include weekend and evening sessions, and at pop-up clinics in convenient locations.

Research has shown the vaccines help to:

- Reduce your risk of getting seriously ill or dying from Covid -19
- Reduce your risk of catching or spreading Covid -19
- Protect against Covid -19 variants

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

Friday 30 July (Today)

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

Saturday 31 July

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

Sunday 1 August

Elizabethan Suite, Knowsley Street, Bury. 8.30am to 6pm. 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

Tuesday – Friday every week

Fairfield General Hospital operates a walk-in, 'no appointment needed' clinic from Tuesday to Friday each week, offering Pfizer first and second doses:

- 8.30am to 5.30pm (Tuesdays, Wednesdays and Fridays)
- 11am to 7.30pm (Thursdays)

Address:

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: alternatively, call 0161 778 2104.

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

Find out more about vaccinations in Bury at bury.gov.uk/coronavirus-vaccine

It's best to test!

Testing for coronavirus, even if you don't have symptoms, remains one of our best defences against the spread of the disease.

In Bury we have multiple options available for 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 doing 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 test kits 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 [on the council's website](#).

If you have a positive result after taking an LFT test

Anyone who gets 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 is 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 your 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 August 6, 2021.

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