

Coronavirus: Weekly update from Camden Council

For the latest information and support from Camden Council and its partners, including updates to services:

- Visit camden.gov.uk/coronavirus
- Check out news.camden.gov.uk
- Follow Twitter [@CamdenCouncil](https://twitter.com/CamdenCouncil) and Facebook facebook.com/LBCamden
- Speak to someone at the Council on **020 7974 4444 (option 9)**.



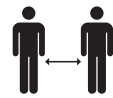
SIGN UP to the Council's coronavirus e-newsletter at camden.gov.uk/coronavirus-updates

Coronavirus cases are rising – please follow the rules

Coronavirus cases are rising – and they are rising fastest amongst 18 to 29 year olds. Additionally, more people are being hospitalised with the virus. It's so important to keep following the rules to keep yourself, your friends and your family safe and to prevent you passing it on to someone who could get seriously ill:



Enjoy the warmer weather and socialise outdoors



Stay 2 metres from those outside your household or bubble



Wash your hands regularly and thoroughly



Wear a face covering in indoor and busy outdoor public spaces, unless exempt



Socialising indoors? Keep windows open to ventilate the space and dilute infectious particles

Thank you for all you're doing to keep Camden safe.

You can still catch or spread COVID-19 if you don't have symptoms

Getting a rapid lateral flow test (for people without symptoms) twice a week to check you're COVID-free, including before going to work, or meeting up with friends or family, will prevent you passing the virus on to others without knowing. To find your closest test site, home test pick up or delivery options, visit camden.gov.uk/rapidtest

Get the COVID-19 vaccine as soon as you're eligible

If you're **21 or over** and haven't had your first dose of the COVID-19 vaccine, please book your appointment as soon as possible. The more people that get vaccinated, the faster we can get the rise in coronavirus cases under control. Book your free appointment now:

- Call **119** for free
- Visit nhs.uk/coronavirusvaccine
- Not registered with a GP? Email nclccg.covid-19vaccine@nhs.net
- Need support to book? Call Camden Council on **020 7974 4444 (option 9)**

Please also make sure you have your **second dose** as soon as you're eligible to give you maximum protection against the virus, and especially the Delta variant. For more information, visit nhs.uk/coronavirusvaccine



Coronavirus cases are rising again in Camden and London, so it's so important we work together to stop the spread. Anyone 21 or over is currently eligible for the COVID-19 vaccine, so please book your first dose as soon as possible. And remember that the best protection against the COVID-19 variant currently spreading in Camden is two vaccine doses, so don't forget to book your second.

Vaccinations, plus regular testing if you are out and about, and socialising outside (or with windows open) and keeping a distance wherever possible, are the best defences we have against the virus.

I know the news that the further easing of restrictions has been delayed will be disappointing for many, and if you live, study or work in Camden, there is support available. Please don't hesitate to get in touch with our dedicated team, who can help you with queries including finances, mental health and business support, on **020 7974 4444 (option 9)**.

Finally, if you'd like to thank a local organisation or group who has helped you or your community during the pandemic so far, please consider nominating them for the We make Camden campaign. We'd love to hear your stories, see below for details – nominations close on Monday 21 June.

Councillor Georgia Gould, Leader of Camden Council

Book your second dose of the AstraZeneca COVID-19 vaccine

The AstraZeneca COVID-19 vaccine remains safe and effective. While there have been reports of extremely rare cases of people developing blood clots after the first dose of the AstraZeneca vaccine, there are no safety concerns related to the second dose. Please have your second dose for longer-lasting protection against coronavirus. If you have any concerns, speak to your GP or the vaccinator.

Domestic violence: Support available and new inquiry

Reported incidents of domestic violence have risen during the pandemic. If you are experiencing domestic violence or abuse or need support or advice, call Camden Safety Net confidentially on **020 7974 2526** or email camdensafetynet@camden.gov.uk. Advisors will help to keep you safe and discuss your options.

To prevent and tackle domestic violence and abuse in the borough, Camden Women's Forum has launched a new inquiry, focusing on the impacts on children and young people. The inquiry will help Camden Council to understand what needs to change to better support people and their families who have experienced domestic violence. For more information, visit camden.gov.uk/domestic-violence

we make Camden

Last chance to nominate local organisations and groups

Has a local organisation or group helped your community since the pandemic began? Nominate them to be recognised for their efforts by Monday 21 June – email camdentalking@camden.gov.uk or call **020 7974 4444 (option 9)**. You could nominate a Camden charity or voluntary organisation, group of residents, school, team within NHS or public service, business or any other group.

