

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 – includes information in different languages
- Check the rolling news pages at news.camden.gov.uk
- Follow Twitter [@CamdenCouncil](https://twitter.com/CamdenCouncil) and Facebook facebook.com/LBCamden
- Speak to someone at the Council directly by calling **020 7974 4444 (option 9)**.



SIGN UP to the Council's coronavirus e-newsletter for regular service updates, news and support at camden.gov.uk/coronavirus-updates



The situation in Camden and London is incredibly serious right now. With the national lockdown in place until at least the middle of February, the most powerful action any of us can take is to stay at home.

Sadly, it's likely to get worse before it gets better. With the NHS close to breaking point, I cannot stress enough how important it is to follow public health advice and lockdown restrictions. Lives really do depend on it.

There is hope, however. It's brilliant news that the rollout of the COVID-19 vaccine has started in Camden. While we're very much at the beginning of the vaccination process, it will be crucial in helping to reduce illness, hospitalisations and deaths from COVID-19, and easing pressure on the NHS. When you are eligible for the vaccine, the NHS will be in touch with you so please wait for them to contact you – and make sure you are registered with a GP.

Councillor Georgia Gould, Leader of Camden Council

STAY AT HOME TO SAVE LIVES AND PROTECT OUR NHS



NATIONAL LOCKDOWN RESTRICTIONS

The number of people with COVID-19 continues to rise and our hospitals are close to breaking point. Please follow lockdown restrictions, including:



Stay at home



Work from home if you can



If you need to leave home for essential reasons, please act like you have COVID-19, and treat others as if they have COVID-19 too



Do not socialise indoors or outdoors with anyone you don't live with or are not in a support bubble with

Read the guidance in full at gov.uk/coronavirus

Follow public health advice to prevent catching or passing on coronavirus



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



Wash your hands regularly and thoroughly



Keep 2 metres apart from people you don't live with

Got coronavirus symptoms (new, persistent cough; high temperature; loss of, or change to, sense of smell or taste)? Self-isolate and get a free test by calling **119** or via nhs.uk/coronavirus

If you need help booking a test, call Camden Council on **020 7974 4444 (option 9)** – they can help you access support at the same time.

Protecting Camden's communities

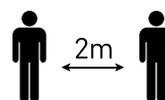
Camden Council's frontline presence teams continue to work in our communities, providing business owners with information and reassurance, and enforcing the current regulations.

This includes ensuring that businesses comply with a range of restrictions, for example those relating to social distancing and wearing face coverings inside.

The teams conduct daily proactive patrols in partnership with the police in order to identify issues. They will not hesitate to enforce any breaches to help protect lives at this critical time.

Exercise safely – follow the guidance

Keeping active is vital for our mental health and wellbeing, especially at the moment. However, coronavirus cases are very high and it's crucial we do everything we can to keep ourselves and others safe, including in Camden's parks and open spaces:



Keep a safe distance from anyone you don't live with



Limit exercise to once a day



Avoid areas if busy



Stay local



Keep moving and don't use parks and open spaces for socialising

Camden leisure centres are currently closed, but you can access a variety of free home workouts and virtual classes with the Better UK app to stay active at home. Find out more at better.org.uk

Keeping safe in school or college

During lockdown, vulnerable children can continue to attend school or college. Children with at least one parent or carer who is a critical worker can also attend, although parents and carers should keep their children at home if they can.



Camden schools have reviewed their risk assessments in line with local and national guidance and safety measures to keep children and staff safe. Secondary school pupils and staff, and some primary school staff, are taking part in regular rapid testing.

Camden libraries

Camden libraries remain open for computer and internet access along with a 'request and read' book service. Libraries continue to operate in line with Government guidance to ensure buildings remain COVID-secure. Camden Council understands many residents do not have digital access at home and may need this for essential reasons.

The Council's Home Library Service is also available for housebound customers, including those who are shielding. Books, magazines and newspapers can be downloaded from the Council's digital library.

Visit camden.gov.uk/libraries or contact your local library for more information.