

COVID-19: 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), Facebook facebook.com/LBCamden and Instagram [@WeMakeCamden](https://instagram.com/WeMakeCamden)
- Speak to someone at the Council directly by calling **020 7974 4444 (option 9)**.



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

Get your COVID-19 vaccination

Whether it's a first, second or booster dose, the vaccine is the best way to protect yourself against coronavirus. Boosters are available 6 months after your second dose of the COVID-19 vaccine, but you can now book yours if it's been 5 months (152 days) and you're:

- Aged 50+
- Aged 16+ with a health condition that puts you at high risk from COVID-19



To get your COVID-19 vaccination, including a booster if you're eligible, you can choose to:

- Book online at nhs.uk/coronavirus or call **119**
- Visit a walk-in clinic – camden.gov.uk/walkin
- Drop by Camden's COVID-19 vaccination bus, which runs Monday to Saturday, 10am to 4pm throughout November at:

 **Regent's Park Estate, Access Way, NW1 3QJ**
Friday 12 and Saturday 13 November

 **1 Palmerston Road, NW6 2DG**
Wednesday 17 and Thursday 18 November

 **Swiss Cottage Market, Eton Avenue, NW6 3EU**
Monday 15 and Tuesday 16 November

 **Brunswick Square, opposite UCL's School of Pharmacy, WC1N 1AX**
Friday 19 November

To find out more, visit camden.gov.uk/getting-the-vaccine

Test regularly to check you're COVID-free

You can still catch and spread COVID-19 without symptoms, even after vaccination.

Taking regular rapid tests, including before going out to work, going shopping or meeting with friends or family, prevents you passing the virus on to others without knowing. All rapid tests are free and take 30 minutes. To find your closest test site, home test pick-up or delivery options, visit camden.gov.uk/rapidtest

If you develop any COVID-19 symptoms, please self-isolate and book a PCR test at nhs.uk/coronavirus or by calling **119**.



Looking after our health is important at any time of the year. But this winter, with 'flu season' likely to hit harder than last year, and COVID-19 rates high, we are urging all residents to take extra care.

There are several things you can do to stay well this winter and protect others. The first is to have the COVID-19 vaccine, and the booster too, as soon as you are eligible. You can also

get a flu vaccine (check below to find out if you qualify for a free one). These will help to protect against getting seriously ill from both viruses and have been shown to provide the best forms of defence.

Improving health and wellbeing for everyone in Camden is one of the borough's highest priorities. COVID-19 has had a profound impact, putting pressure on local health and care systems and shining a stark light on deep-rooted inequalities. It's never been more important to work together to build back a fairer, healthier Camden.

Find out below how we're starting to tackle this issue and how you can get involved.

Councillor Georgia Gould, Leader of Camden Council

Free flu vaccinations available

Having COVID-19 and flu at the same time can make you seriously ill, particularly if you have underlying health conditions or work with people who do. Free flu vaccinations are currently available to:

- People aged 50+
- People aged 16+ with underlying health conditions
- Pregnant women
- All frontline health or social care workers

Remember, getting both the flu and COVID-19 vaccines at the same time or closely together won't cause any harm.

Find out more and book your appointment at nhs.uk/flujab

Viruses like COVID-19 and flu spread more easily in autumn and winter, so it's important to take care of yourself to avoid getting ill. Keep your home warm, have hot drinks regularly and at least one warm meal a day. If you're struggling, contact Camden Council on **020 7974 4444 (option 9)** or visit camden.gov.uk/support-for-individuals



Have your say on health and wellbeing in Camden

Camden Council and local health partners want to tackle growing health inequalities, which have been made worse by COVID-19, and are keen to hear your views on a new draft health and wellbeing strategy.

The draft strategy aims to make Camden the best place to start well, live well and age well. Give your views on how health and wellbeing can be improved across the borough, both now and in the longer-term, by 13 December – visit camdenhealthandwellbeingstrategy.commonplace.is



Introducing Camden's new mobile health bus



On Saturday 20 November, Camden Council and NHS partners are hosting a free health and wellbeing event to help launch the borough's new mobile NHS health bus. Join outside Swiss Cottage Library, 88 Avenue Road, NW3 3HA, 12 noon to 4pm for a host of fun free health-related activities, including exercise taster sessions, face painting, live music, healthy food and smoothie bike, NHS health checks and health information and advice.

Join People's Question Time

Have your say on the issues that matter most to you. Join the Mayor of London, Sadiq Khan, and the London Assembly for People's Question Time on Tuesday 23 November, 7 to 9pm at Congress Centre, 28 Great Russell Street, WC1B 3LS. Topics will include transport, policing and safety, air quality and the environment, housing and London's economic recovery from COVID-19. Register for free tickets at london.gov.uk/events/2021-11-23/peoples-question-time-camden or call **020 7983 4762**.