

Message to the public

Monday 11 January 2020

National lockdown guidance for NW London residents

Further to Boris Johnson's announcement and the high level of cases in North West London, it's absolutely vital that everyone follows the new national lockdown guidance.

The key message is to stay at home, the single most important action we can all take to protect the NHS and save lives.

Below is a summary of the guidance, you must not leave, or be outside of your home except where necessary. You may leave the home to:

- **shop for basic necessities**, for you or a vulnerable person
- **go to work**, or provide voluntary or charitable services, if you cannot do so from home
- **exercise** with your household (or support bubble) or one other person, this should be limited to once per day, and you should not travel outside your local area.
- **meet your support bubble** or childcare bubble where necessary, but only if you are legally permitted to form one
- **seek medical assistance** or avoid injury, illness or risk of harm - including domestic abuse.
- **travelling to and from a vaccination** site is essential travel, but please remember to wear a face mask when visiting and adhere to social distancing measures.
- **attend education or childcare** - for those eligible

The NHS continues to be open and so if you have a health concern it's important you continue to access our services, you can speak to your GP in the first instance. Meeting others

You cannot leave your home to meet socially with anyone you do not live with or are not in a support bubble with (if you are legally permitted to form one). You may exercise on your own, with one other person, or with your household or support bubble.

Guidance on shielding and protecting people who are clinically extremely vulnerable from COVID-19

Guidance for everyone who has been identified as clinically extremely vulnerable has been updated in light of the new national lockdown. If you are in this group, you will previously have received a letter from the NHS or from your GP telling you this. You may have been advised to shield in the past.

Guidance for socialising outside the home, work, travel and more as well as mental health support is available here <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

Vaccination in NW London –

We are working to vaccinate everyone in the first priority group (those over 80 and at high risk) as quickly as possible. This will take time but we are committed to getting all people in this group by the end of February 2021.

We know it can be frustrating to see some people being offered the vaccine when you have not yet heard about your own; we are opening all our vaccination sites as quickly as possible and we will get to you soon.

We will also start to vaccinate those over 75 from early February, but again this will take time to get to everyone, please bear with us.

The NHS will contact you when we are able to offer you an appointment, this will either be a letter or phone call from your GP.

If you miss the phone call please don't worry, we will call again or send you a letter.

Please don't contact your doctor or the NHS asking about vaccination; this is not a service that you are able to book in advance. The NHS will contact you when your turn comes in the months ahead. If you are contacted, please do attend the appointment.

Please also be aware some people may receive two invites. If this happens, please pick the site you would prefer to go for your vaccination and follow the booking-in advice provided.

You can ignore the second invite.

Travelling to and from a vaccination site is essential travel, but please remember to wear a face mask when visiting and adhere to social distancing measures.

Beware of scams

We are also aware of several reports of people being contacted by fraudsters offering the Covid19 vaccine. The reports show text messages being sent providing a link for people to register their details to apply for the vaccine, some of which require payment.

These text messages and links are not sent from, or linked to, the NHS.

Please note the NHS will:

NEVER ask you to press a button on your keypad or send a text asking you to confirm you want the vaccine

- **Never** ask for payment for the vaccine or for your bank details

If you receive a text message from an unfamiliar number:

- Do not respond to it or click on any links
- Do not enter any personal or log on details
- Do not make any payment

The NHS will get in touch with you directly when it is your turn to be vaccinated.

- Please don't contact your doctor or the NHS asking about vaccination; this is not a service that you are able to book in advance.
- The NHS will contact you when your turn comes in the months ahead. If you are contacted, please do attend the appointment.

- We would encourage those over 80 and in the government's priority list to be ready to accept their invite when called by their GP, reading the covid19 vaccination guide for adults leaflet is a good way to prepare – you can find this leaflet here.
- You can also hear local GP Genevieve Small talk about her experience of having the vaccine.
- In the meantime, it is vitally important that we all continue to follow the national public health guidance: wash your hands regularly, wear a face covering in enclosed spaces and maintain safe social distancing. Covid-19 is still very prevalent and highly infectious: the risk of catching it is the same as ever for people who have not been vaccinated.

Timescales

It will take time to vaccinate everyone in this first group. The phased vaccine supply means the bulk of vaccinations for high risk groups will inevitably take place between January and April – so please be aware you may not be called until then.

FAQs - <https://www.nwlondonccgs.nhs.uk/coronavirus/nhs-covid-19-vaccination-programme>