

Public health briefing for the borough of Bury – 28 January 2022

New rules around PCR testing for travel from 11 February

Following the continued decline in Covid-19 cases, from 11 February people who are fully vaccinated will no longer need to take a Covid-19 test either before leaving or after arriving in the UK.

Travellers who are not fully vaccinated, though, will need to take a pre-departure test and a PCR test on or before Day 2 after they arrive in the UK. They will not need to quarantine unless the result of the PCR test is positive.

In both cases people will need to complete a passenger locator form.

England returns to Plan A

As of 27 January, all measures under the Government's Plan B scheme have been lifted. This is due to falling Omicron cases and the continued success of the vaccine and booster campaign.

The Government now advises:

- People are no longer required to work from home.
- People will no longer need proof of vaccination or a recent negative test to enter nightclubs or large venues, but businesses may still use the NHS Covid Pass if they wish.
- It will no longer be compulsory to wear face coverings in public spaces or on public transport, although public health guidance advises people to wear face coverings in crowded or enclosed spaces.
- High school students will no longer need to wear face masks in corridors or other communal areas, although schools are still able to introduce this if they have high case numbers or outbreaks.
- People are encouraged to continue wearing face coverings in healthcare settings such as community pharmacies and GP surgeries.

The Government is still urging everyone eligible to get two vaccinations and a booster jab. If someone feels unwell, they are encouraged to get a Covid-19 test.

It is important to remember that whilst the situation is improving, Covid-19 is not over and the basic 'Hands, Face, Space, and Air' measures that we can all take are still very important in protecting each other alongside making sure you are fully vaccinated.

Changes to lateral flow testing

People who receive positive lateral flow (LFT) test results for coronavirus (Covid-19) are required to self-isolate immediately but are no longer required to take a confirmatory PCR test. It is important that anyone with a positive LFT registers their result following the instructions provided with the test kit.

People who may require financial support to self-isolate, however, will need to get a confirmatory PCR test (see further information below).

Anyone who has symptoms of coronavirus should still book a PCR test.

Participants needed for national Covid-19 study

The PANORAMIC study is investigating whether new antiviral treatments for Covid-19 in the community can reduce the need for hospital admission and enable people to get better at home.

The nationwide study, funded by the National Institute for Health Research, is recruiting volunteers in Greater Manchester to take part in the study through the [PANORAMIC website](https://www.panoramictrial.org/). (<https://www.panoramictrial.org/>)

To be eligible, people need to be currently experiencing Covid-19 symptoms that started in the last five days; have a positive PCR test for Covid-19; and be aged 50 or over or aged 18 and over with a listed pre-existing condition.

Covid cases drop, but at slower rate

Cases of Covid-19 have continued to drop in Bury, but the rate of decline has slowed.

The latest data shows that, in the week to 22 January, the infection rate was 907.9 per 100,000 people, representing 1,734 new cases. This is a significant reduction compared to the figures for previous weeks in January, but not as big a drop as earlier reductions. Changes to the requirement for PCR testing mean that these figures are likely to underestimate the true number of cases, but other data sources do confirm a downward trend.

7-day case figures:

Week ending 22 January: infection rate per 100,000 – 907.9 (1,734 new cases)

Week ending 15 January: infection rate per 100,000 – 1,162.4 (2,200 new cases)

Week ending 08 January: infection rate per 100,000 – 1,991.0 (3,797 new cases).

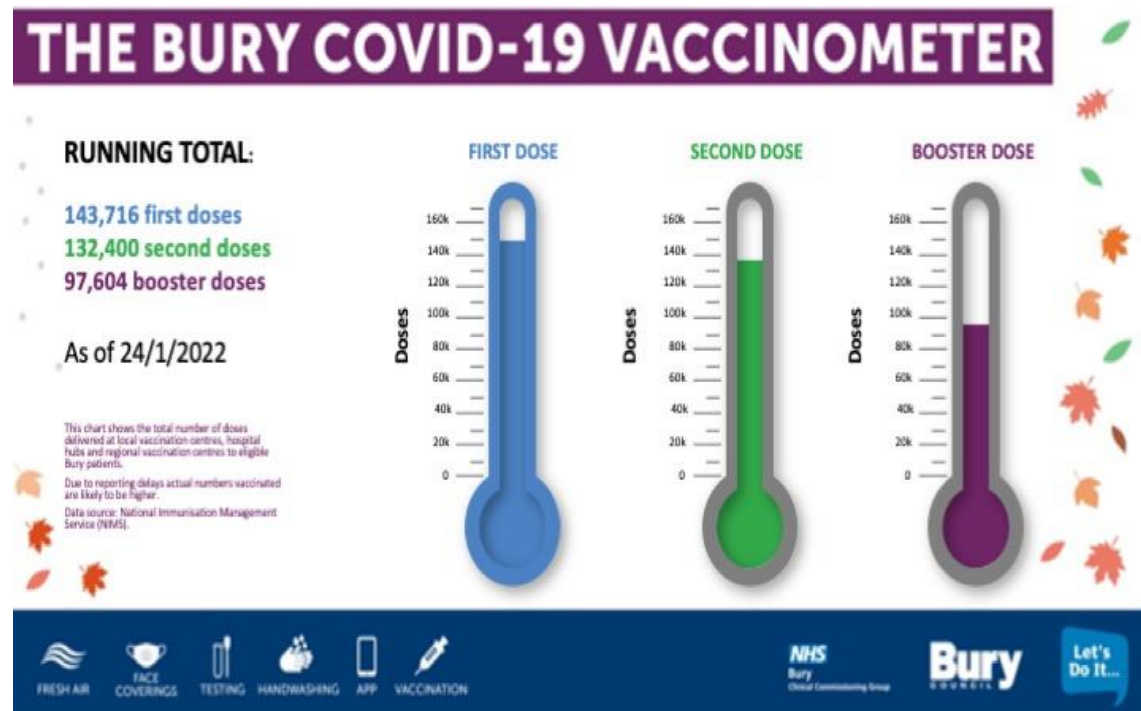
Week ending 01 January: infection rate per 100,000 – 2,052.4 (3,916* new cases).

*Adjusted from previously released figures following updated data

Vaccine and booster delivery going well

The figures as of 24 January 2022 show that 97,604 people across Bury have now received a Covid-19 booster vaccination. The total number of first vaccinations delivered now stands at 143,716 and 132,400 second doses have been administered.

Bury's clinics continue to work at pace, giving thousands of Covid-19 and flu vaccinations every week – and there's no need to book.



Mums-to-be still advised to get vaccines and boosters

Pregnant women are still advised to get two vaccinations and a booster to protect themselves from the increased risk of serious consequences from coronavirus (Covid-19).

The main priority is to increase the number of pregnant women getting two jabs (8 weeks apart) and encourage those who have done so to go for a Covid-19 booster three months or more after their second dose.

How to get a Covid-19 vaccination in Bury

Whether you're looking to get a first, second or booster jab, it's easy and convenient to get a Covid-19 vaccination in Bury. Eligible people can also get a flu vaccination at our local centres.

Let's do it for each other. Let's do it for Bury.

All the latest information on vaccine eligibility, when people are due to go, vaccine centre opening times and walk-in/pop-up sessions can be found at bury.gov.uk/coronavirus-vaccine

Where to get a vaccination

Bury has four local centres offering both flu and Covid-19 vaccinations on a walk-in or bookable basis, located at:

- Ramsbottom Civic Hall
- Elizabethan Suite, Bury
- Radcliffe United Reformed Church
- Prestwich Walk-in Centre.

People can book for these clinics at covid.nhsbookings.com/gmpcn to avoid waiting in a queue and guarantee a specific appointment time.

Vaccinations are also available by appointment at six pharmacy sites in the borough of Bury:

- Strachan's Chemist, Walmersley Road, Bury
- Cohen's Chemist, St Gabriel's Medical Centre Pharmacy, Prestwich
- Asda Pharmacy, Radcliffe
- Well Pharmacy, Church Street West, Radcliffe
- Barash Pharmacy, Bury New Road, Whitefield
- Well Pharmacy, Elms Square Precinct, Whitefield.

There is also a regular vaccination clinic at Fairfield General Hospital which members of the public can attend. Anyone aged 16 and over can walk in or book via the National Booking Service. Vaccinations for young people aged 12 to 15 can be booked for this clinic via the National Booking Service or by calling 119.

Clinic times:

- Tuesday, 8.30am-5.30pm
- Wednesday, 8.30am-5.30pm
- Thursday, 10.30am-6.30pm
- Friday, 10.30am-5.30pm.

The centre, which does have some free parking at the front, is located at: Vaccination Hub, Education Centre, Rochdale Old Road, Bury BL9 7TD.

The Manchester Mass Vaccination Centre at the Etihad Campus is open 8am to 8pm, 7 days a week, and offers an alternative for people who can travel.

For bookings at pharmacies, Fairfield General Hospital and the Manchester Mass Vaccination Centre at the Etihad Campus (can also be found at the Elizabethan Suite, Ramsbottom and Prestwich clinics via this route), call 119 or click through to the [National Booking Service](https://covid.nhsbookings.com/gmpcn)

Upcoming walk-in or [pre-book](#) appointment clinics running at the Ramsbottom, Bury, Radcliffe and Prestwich vaccination sites are listed below:

First, second dose and booster for age 16+

Date	Time	Venue
Saturday 29 January	8.30am – 1pm	Ramsbottom Civic Hall Market Place, Ramsbottom, BL0 9AJ
Saturday 5 February	8.30am – 1pm	Ramsbottom Civic Hall Market Place, Ramsbottom, BL0 9AJ
Sunday 6 February	9am – 4.30pm	Prestwich Vaccination Clinic, Prestwich Walk-in Centre Building, Fairfax Road, Prestwich M25 1BT

First and second dose for children aged 12 to 15

Date	Time	Venue
Saturday 29 January	8.30am – 1pm	Ramsbottom Civic Hall Market Place, Ramsbottom, BL0 9AJ
Saturday 5 February	8.30am – 1pm	Ramsbottom Civic Hall Market Place, Ramsbottom, BL0 9AJ

First dose, second dose and boosters for those aged 16+

Date	Time	Venue
Wednesday 9 February	8.15am – 5.15pm	Radcliffe Reformed Church Blackburn Street, Radcliffe, M26 3WQ

First and second doses for children aged 12 to 15

Date	Time	Venue
Wednesday 9 February	3.15pm – 5.15pm	Radcliffe Reformed Church Blackburn Street, Radcliffe, M26 3WQ

Check the latest clinics, and all other details of Bury's vaccination programme including eligibility, at bury.gov.uk/coronavirus-vaccine

Let's stay safe and follow the guidance

Existing public health guidance remains in place, including:

- staying at home if feeling unwell
- getting a PCR test if experiencing any Covid-19 symptoms
- regular handwashing
- taking up the offer of the free Covid-19 vaccine

If someone has Covid-19 [symptoms](#) they should stay at home and self-isolate immediately. They should arrange to have a PCR test (see below) as soon as possible. If this PCR test result is positive, they must continue to self-isolate.

People who do not have Covid-19 symptoms, but have a positive PCR or LFT test result, must stay at home and self-isolate. Anyone self-isolating with Covid-19 can now reduce their isolation period to five full days if they test negative on both Day 5 and Day 6 and do not have a high temperature. Individuals who still test positive must remain in isolation until they have had two negative tests taken on consecutive days.

Anyone living in the same household as someone with Covid-19 is at higher risk of becoming infected. Therefore:

- Anyone aged 18 years 6 months or over, and is not fully vaccinated and lives in the same household as someone with Covid-19, is legally required to stay at home and self-isolate
- Anyone fully vaccinated or aged under 18 years and 6 months, and lives in the same household as someone with Covid-19, is not legally required to self-isolate. However, they are strongly advised to take an LFT test every day for seven days, and to self-isolate if any of these test results are positive

Bury's Community Hubs are here for anyone who needs support, including those who are self-isolating. To access essential help, call 0161 253 5353 (9am to 5pm, Monday to Friday – excluding bank holidays) or text 07860 022876 (messages responded to by the next working day). Further information is [on the community hubs webpage](#).

Financial aid for people with a positive PCR test

People may be entitled to a one-off payment of £500 through the [NHS Test and Trace Support Payment scheme](#) if they are legally required to stay at home and self-isolate or if they are the parent or guardian of a child who has been told to self-isolate.

People who may require financial support to self-isolate will need to get a confirmatory PCR test following a positive LFT, even if they have no symptoms.

Keep testing to stop the spread

If anyone needs an LFT test - to go to work outside the home or to get a PCR test because they have Covid symptoms - they can get the test they need in Bury.

LFT (Lateral Flow Testing)

There are several ways to get LFT kits in Bury:

- Collect them from a community pharmacy – find a participating outlet [here](#).
- Collect them from the Mosses Centre in Bury - just [book](#) a Click and Collect slot.
- Order online [here](#) and they'll be sent to your home address.

People who take an LFT test need to register the result, whether positive or negative. This can be done online or by phoning 119.

People who receive positive lateral flow device (LFD) test results for coronavirus (Covid-19) are required to self-isolate immediately but will not be required to take a confirmatory PCR test.

Assisted lateral flow testing in Bury

Anyone who feels they need help to take a lateral flow test can get it at the IQ Pharmacy in Bury. This free service is available to anyone who does not feel confident carrying out their own tests, and these tests are supervised and processed by pharmacy staff.

IQ Pharmacy, 14 Princess Parade, Bury BL9 0QL

Opening hours:

Mon-Fri: 9am to 5.15pm

Sat: 9am to 3pm

Please note: This service is only available to anyone who **DOES NOT** have any Covid-19 symptoms. The final tests of each day will be conducted 45 minutes before the closing times listed above.

Getting a PCR test

If anyone has any of the three most common symptoms of Covid-19 (a new continuous cough, high temperature, loss or change of sense of taste or smell) they should get a PCR test as soon as possible to protect themselves and those around them. The PCR test sample will be analysed at a laboratory and the results will be received via text message, email, or telephone.

A range of PCR testing options is available in Bury:

- No appointment required - Chesham Fold, Chesham Fold Road, Bury BL9 6JZ (9am to 3pm, Monday to Friday, closed on bank holidays)
- Appointment only - Mosses Centre, Cecil Street, Bury BL9 0SB. [Book online](#).
- Appointment only – Department of Health sites located in Prestwich, Radcliffe, Ramsbottom and Whitefield. [Book online](#).
- [Order](#) a home testing kit (delivered by post).

Call 0161 253 5515 to speak to someone about testing, how to book and availability or find more information [here](#).

Time to Talk Day - Thursday 3 February

Did you know - one in four of us will experience a mental health problem in any given year?

Time to Talk Day is the UK's biggest event encouraging conversations around mental health. This year it takes place on Thursday 3 February 2022. It's the day when friends, families, communities, and workplaces can come together to talk, listen, and help to change lives.

Discussing mental health reduces stigma, helps to create supportive communities where everyone can talk openly about mental health and feel empowered to seek help when needed.

However, you do it, have a conversation about mental health.

The Bury Directory and Wellbeing Hub has information from a number of local partner organisations who can offer help, advice, and support: <https://theburydirectory.co.uk/wellbeinghub>

Helping people through difficult times

Life has changed during the pandemic, and it's natural that people may feel worried or anxious, lonely, or frustrated. If someone needs 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.

Anyone 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 services via our health and wellbeing hub on The Bury Directory.

Keep ahead with cold weather alerts!

Cold weather can be really dangerous, especially for people aged 65 and above. As we get older it takes longer to warm up, which raises the risk of increased blood pressure, heart attacks and strokes. Older people can also suffer serious harm if they slip and fall in icy conditions.

We're advising people to sign up to the Met Office's email alerts [here](#) so that they can get early warnings of bad weather and make necessary preparations.

Age UK and the UK Health Security Agency (formerly Public Health England) have teamed up to produce some really helpful hints and tips for staying warm and well, perfect for printing out to give to older friends and relatives. Find them [here](#)

The next issue of this briefing will be on 4 February 2022.
For up-to-date information about Covid-19 visit
bury.gov.uk/coronavirus