

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, Facebook facebook.com/LBCamden and Instagram @WeMakeCamden
- 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

Even if you think you'll be fine if you catch coronavirus, you could pass it on to someone who could get seriously ill, so please keep following the rules to protect yourself and others.

- Get your free COVID-19 vaccine as soon as possible – book at nhs.uk/coronavirusvaccine, call **119**, or see details about walk-in events below

- Regularly wash your hands
- Wear a face covering in indoor and busy outdoor spaces, unless exempt



- Stay 2 metres from others
- Socialising indoors? Keep windows open to dilute infectious particles



- Get a regular rapid test (for people without symptoms) to check you're COVID-free before meeting others



Got symptoms? Self-isolate for 10 days and get tested by visiting nhs.uk/coronavirus or calling **119**

! Please remember the current restrictions aren't being lifted until 19 July, so please keep following them carefully. We strongly advise you to keep following this advice after this date to help keep yourself and others safe.

Rapid COVID-19 tests for people without symptoms

You can still catch or spread COVID-19 and not have symptoms, even after being vaccinated. A free, rapid test twice a week will prevent you passing COVID-19 on to others and helps stop the spread. You get results in 30 minutes. To find your closest test site, home test pick-up or delivery options, visit camden.gov.uk/rapidtest or call **020 7974 4444 (option 9)**.

Get vaccinated without an appointment

If you'd prefer to just turn up to get your COVID-19 vaccine, there are many walk-in events happening across Camden. To find one near you, visit camden.gov.uk/getting-the-vaccine or call the Council on **020 7974 4444 (option 9)**.

COVID-19 vaccine second dose advice

Please remember that you can only get your second dose of the vaccine 8 weeks after your first dose, and it must be the same vaccine as you had previously. Unless you're advised otherwise by your GP, please don't attend a vaccination event to get your second dose until you're eligible.



I want to start by saying a huge thank you to everyone in Camden for their role since the pandemic began. The strength of spirit demonstrated, from following public health guidance to protect our communities, to looking out for neighbours when they needed it most, has undoubtedly saved lives.

While 19 July signals a new phase, it is not the end of this deadly virus. COVID-19 cases are still rapidly rising. Please remember that if you catch the virus, you could pass it on to someone else, even if you are vaccinated. The sooner everyone is double vaccinated, the safer we will all be, so please get both doses as soon as possible.

After 19 July, you will still be required to wear a face covering on public transport in London, unless exempt. We also strongly advise you to keep following advice around washing your hands, wearing a face covering in other busy indoor and outside areas, keeping a safe distance, and ventilating indoor spaces to help keep everyone as safe as possible.

Please also remember that some residents may be feeling nervous, overwhelmed or frightened about restrictions easing for a variety of reasons. So please continue being kind to others, and do all you can to keep yourselves and others safe.

Councillor Georgia Gould, Leader of Camden Council

Camden Council is here for you

With coronavirus cases rising, the furlough scheme coming to an end soon and changes to Universal Credit due in the autumn, Camden Council knows it is an uncertain time. If you need support with mental health, finances, housing or self-isolating, you're at risk or experiencing domestic violence or abuse, or if there's anything else on your mind, contact the Council on **020 7974 4444 (option 9)**. You can also visit camden.gov.uk/coronavirus for advice.

LOVE
YOUR
CAMDEN

Support small businesses: shop local, shop safely

Camden's small businesses and high streets are part of what makes the borough the unique and exciting place that it is. Shop local to support Camden's businesses and venues and remember to follow the guidance in-store to help keep yourself and others safe. To find out more, visit camden.gov.uk/highstreets

Summer in Camden

After a year like no other, the school summer holiday is approaching. Camden Council and local partners are excited to offer children, young people and families an amazing range of free and low-cost activities. These include sport, arts and cultural activities, as well as life skills and support. Find out more at summerincamden.co.uk

This is part of a wider programme of summer events across Camden. Keep an eye out for information – from music, dance and art, to enjoying our green spaces and high streets, there's something for everyone to enjoy safely.



Have fun,
make friends,
stay safe