

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 Council's 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 at camden.gov.uk/coronavirus-updates

London moves to Tier 3: **VERY HIGH ALERT**

Follow the latest advice

With cases of coronavirus rising rapidly across much of London, yesterday (Wednesday 16 December) London moved to Tier 3 – a 'very high' level of local COVID alert. Restrictions now include:

-  Ban on socialising indoors with people not in your support bubble or household
-  No socialising outdoors with people outside your support bubble or household, except for in public parks, outdoor sports courts or playgrounds – in which case, follow the 'rule of 6'
-  People who are clinically extremely vulnerable are advised to stay home as much as possible unless exercising – in which case, avoid busy areas to minimise the chance of catching the virus
-  Work from home if you can.

For a full list of Tier 3 restrictions, visit gov.uk/coronavirus

Staying safe over the festive period

Between 23 and 27 December, the Government is allowing people to form a 'Christmas bubble' made up of a maximum of three households. You can only be in one bubble and once formed, you cannot change it.

Please remember though that the more people you spend time with, and the more time you spend together, the higher your chance of catching the virus. You can also only meet your Christmas bubble in private homes or gardens, places of worship, or public outdoor spaces. Some people are choosing to celebrate virtually with loved ones instead of forming a Christmas bubble.

Please take this into consideration when forming your Christmas bubble and making plans. If you or someone in your Christmas bubble is clinically extremely vulnerable, consider keeping the number of people in your bubble as small as you can.

For more information, go to gov.uk/coronavirus 



Despite the efforts of residents over the past months, which have helped to keep the number of COVID-19 cases in Camden low, the number of people catching the virus across London is now increasing at a dangerously fast rate. In Camden we have seen a 61% rise in cases compared to the previous week. London has moved into Tier 3 to combat these rising infection rates, and I know this will be a worrying time for residents and businesses.

We are calling on Government to support businesses in Camden that will be hit hardest by the move into Tier 3, and to ensure that anyone who needs to self-isolate receives proper financial and welfare support.

You can play your part this festive season to keep Camden families and communities safe by following Public Health advice. I know many people will want to meet family and friends in the coming weeks, but please consider whether you can organise a walk or meet in a park instead of having a meal indoors. You should also consider wearing a face covering in busy outdoor spaces where safe social distancing might be difficult. As always, if you develop symptoms, please self-isolate and get tested.

I know Camden residents will continue to look out for each other. There will be many who need a little extra help this winter and if you do, please reach out. Camden is here for you.

Councillor Georgia Gould, Leader of Camden Council

Got symptoms? Get a free test



If you develop coronavirus symptoms, self-isolate and get tested. Tests are free and accessible to everyone at nhs.uk/coronavirus or by calling **119**. Alternatively, visit camden.gov.uk/bookatest or call Camden Council on **020 7974 4444 (option 9)**. Choose the latter option if you need any support, including to self-isolate.

Support Camden's local shops safely

Local businesses have worked hard to put extra measures in place to keep us safe. Please be extra careful to follow all safety measures and public health advice if you're out shopping in the run up to Christmas.

- Stay 2 metres apart from anyone you don't live with
- Wear a face covering in indoor public spaces, unless exempt
- Regularly wash your hands and use hand sanitiser
- Follow in-store safety measures.

Support your local shops safely, visit camden.gov.uk/shoplocal to find out which of your favourite shops are offering home deliveries.



Get the flu vaccine

While the flu vaccine won't protect you from coronavirus, flu by itself can be serious and having both at the same time could make you seriously ill. Please be reassured that when you get the vaccine, local health services – including local GP surgeries and pharmacies – are running in a COVID-safe way, so extra precautions are in place to keep you safe. To find out if you're eligible for a free vaccine or for more information, go to nhs.uk/flu

Share your thoughts: Complete the NHS vaccine survey

Camden Council, together with the local NHS, is really keen to learn more about what Camden residents think about vaccinations – including the flu and COVID-19 vaccines. Please consider completing this survey developed by the local NHS at camden.gov.uk/vaccinationsurvey