

## Latest COVID-19 information and advice for the borough of Bury October 8, 2020

### Latest data

The well-published national COVID data glitch has had an impact on Bury's position. Due to additional cases being added, what looked like a plateau and potential downward trend, appears now to be a continuing peak.

With 530 new cases recorded in the seven days to October 3rd, Bury's infection rate has risen from 224.6 per 100,000 to 277.5 per 100,000 and remains one of the highest rates in the UK.

#### *The four-week summary in Bury:*

Week ending 3 October: infection rate 277.5 (530 new cases)

Week ending 26 September: infection rate 224.6 (429 new cases)

Week ending 19 September: infection rate 165.5 (316 new cases)

Week ending 12 September: infection rate 101.1 (193 new cases)

### Getting the message out

As cases in Bury and across surrounding areas continue an upward trend, giving clear and consistent public information on latest developments is ever more important.

Bury Council has developed a section at [bury.gov.uk/coronavirus](https://bury.gov.uk/coronavirus) as a single source for coronavirus-related information for the borough, and this is kept up-to-date reflecting latest developments.

Alongside this we have developed a suite of public-facing communications materials including leaflets, posters and assets for use on social media. We have made these available as downloads to anyone who wants to use them at [www.bury.gov.uk/coronavirus-resources](http://www.bury.gov.uk/coronavirus-resources)

We continue to develop our communications, and if there is anything you would like us to produce, please e-mail [communicationsteam@bury.gov.uk](mailto:communicationsteam@bury.gov.uk) with your suggestion.

## Getting tested

We are working hard to ensure that everyone in Bury who needs a test, gets one.

Please only request a test if you have symptoms - a high temperature, a new continuous cough, or a loss or change to sense of smell or taste. Get tested within the first 3-5 days of symptoms.

### *Full list of testing options:*

- Walk-through testing centres (no appointment needed) at the Mosses Centre and Chesham Fold, 10am-3pm, Mon-Fri
- Drive-through testing (by appointment) at Waterfold Business Park
- Department for Health & Social Care testing centres (by appointment):
  - The following centres are open 7 days, 8am-8pm, Mon-Sun:
    - The former Radcliffe Pool car park, Blackburn Street
    - Whitefield Library, Pinfold Lane, Whitefield (from today, Thurs Oct 8th)
  - The following centre is open 6 days, 8am-8pm Mon-Sat:
    - The Metro Christian Centre, 13 Parkhills Road (from today, Thurs Oct 8th)
- Tests at regional sites/home test kits are also available.
- In addition to the above, there will be a mobile testing unit (by appointment) at Foundry Street, Bury, 10.30am-3.30pm, Mon 12th and Tues 13<sup>th</sup> Oct.

For the latest local and national options and booking information go to: <https://www.bury.gov.uk/coronavirus-testing> or call 0161 253 5515.

## Isolation

Self-isolating in an appropriate and timely way is one of the best lines of defence we have against the spread of coronavirus.

But how and when you need to isolate isn't always clear. We have been working hard to ensure that particular groups in Bury know how self-isolation works, for example school and college communities and for employees in the event of a workplace outbreak.

For the rest of the general population, the following 'explainer' from the BBC at <https://www.bbc.co.uk/news/explainers-54239922> outlines what self-isolation is, when to do it, and how long for.

### ***When do I need to self-isolate?***

You should self-isolate if:

- You have Covid symptoms - a new continuous cough, high temperature, or change in sense of taste or smell
- You test positive for Covid-19
- You live with someone who has symptoms of Covid-19
- You arrive in the UK from one of **a number of countries which aren't exempt from quarantine rules**
- You are contacted by NHS Test and Trace to say **you have been in close contact with someone who has tested positive**

### ***What does self-isolation mean?***

Self-isolating means staying at home and not leaving it.

You should not go out for any reason - even to buy food, medicines or other essentials, or for exercise.

You should order online groceries, or ask friends or family to help out by getting what you need and leaving items outside your front door.

### ***How long must I stay at home?***

If you have Covid-19 symptoms, however mild, you **should self-isolate for at least 10 days** from when they started, and arrange to get tested.

If you have no symptoms, but have tested positive for the disease, you must also self-isolate for at least 10 days. This starts from the day you took the test. If you develop symptoms during this time, you must restart your 10-day isolation.

If you live with other people and they become symptomatic they need to self-isolate for ten days from their first symptoms. If not symptomatic they must self-isolate for 14 days from the date when the first person in the house first showed symptoms.

### ***How are the rules enforced?***

From 28 September, anyone in England who does not self-isolate after a positive test or if they are a close contact of someone with Covid-19 could be fined up to £10,000.

This 'easy read' guide is also a useful asset to explain isolation:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/906663/20203007\\_Easy\\_read\\_household\\_isolation\\_v3.1.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/906663/20203007_Easy_read_household_isolation_v3.1.pdf)

### ***Local support for those self-isolating***

As reported last week, a new scheme designed to support people asked to stay at home and isolate by NHS Test and Trace is currently being finalised. Aimed at those on low incomes, a £500 one-off payment will be made to people who cannot work from home and will lose income as a result. Bury's scheme will shortly be in operation - anyone told to self-isolate on or after September 28 can make a

backdated claim for payment. Further details are available at [www.bury.gov.uk/isolation-payments](http://www.bury.gov.uk/isolation-payments) and the scheme will launch by, latest, October 12th.

Bury's community hubs are also available to step in and help people who are in self-isolation and do not have people close to help with food shopping and collecting medical supplies. Call 0161 253 5353 (Monday to Friday, 9am to 5pm) for information.

## Current restrictions

As this bulletin is released, no further restrictions have been placed on Bury. If this position changes significantly we will send an update.

As a defined area of 'high risk', Bury and other boroughs in Greater Manchester are currently subject to restrictions over and above the wider national ones.

Here in Bury you must not:

- Host people you do not live with in your home or garden, unless they're in your support or childcare bubble
- Meet people you do not live with in their home or garden, whether inside or outside the affected local areas, unless they're in your support or childcare bubble

In addition to these restrictions, it is advised that you should not:

- Socialise with people you do not live with, unless they're in your support bubble, in any public venue. Examples of public venues include pubs, restaurants, cafes, shops, places of worship, community centres, leisure and entertainment venues, or visitor attractions and parks

Full details at: [www.gov.uk/guidance/greater-manchester-local-restrictions](http://www.gov.uk/guidance/greater-manchester-local-restrictions)

## Stopping the spread

### ***Download the app***

We are encouraging people in Bury to download the NHS Test and Trace app – it has the potential to be an extremely useful tool for the overall contact tracing programme.

The app lets users know if someone nearby has tested positive for the virus, and also has a check-in scanner to alert users if a venue they have visited is found to be an outbreak hotspot.

It's available from Google Play (Android devices) or Apple's App Store – just search for 'NHS Covid-19'.

### ***Do your bit***

Everyone can do their bit to stop the spread of COVID-19 by following rules and guidelines:

- Wearing face coverings in shops, hospitality and most other indoor public places is now compulsory and enforceable by law.
- Stay two metres apart from people you don't live with, as much as possible.
- Avoid physical contact with anyone outside your own household, including shaking hands or hugging.
- Keep your hands as clean as possible, using soap and water where available/or regularly apply hand sanitiser.

Next update due Thursday October 15, 2020.

**ENDS**