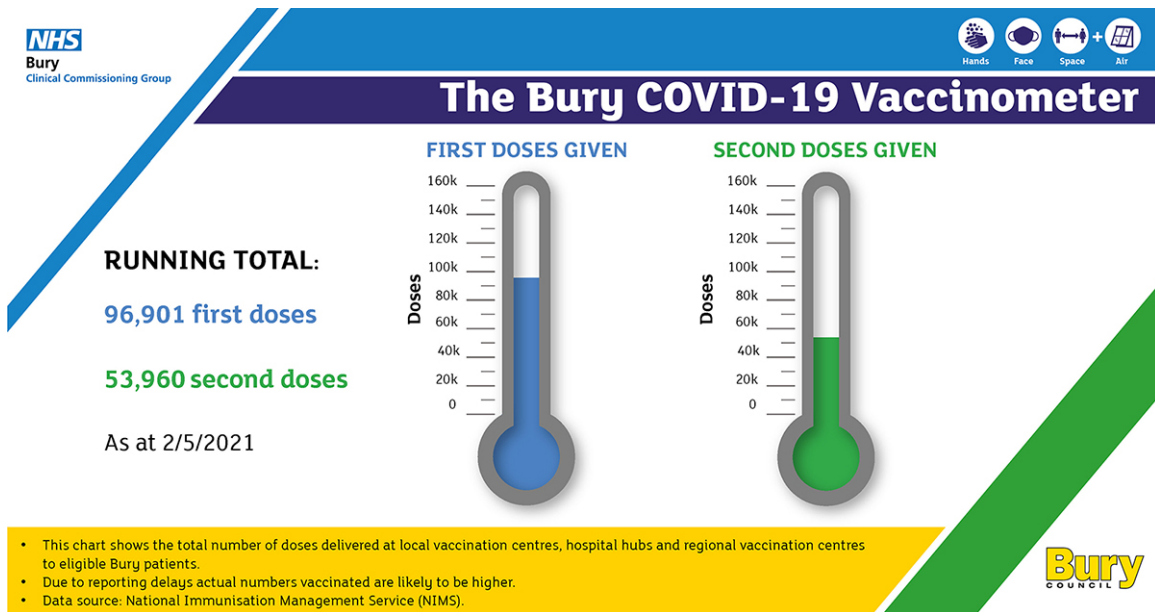


## Latest Covid-19 advice for the borough of Bury – 7 May, 2021

### Nearly 97k now had first Covid-19 vaccination

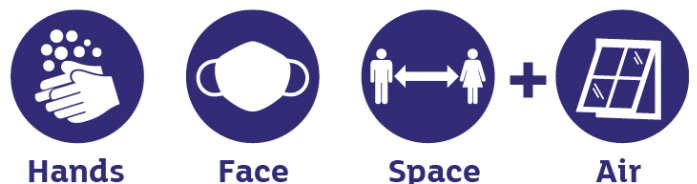
A total of 96,901 people registered with a Bury GP have now had their first dose of the coronavirus vaccine.



And 53,960 residents have now received their second dose, 11 weeks after they had their first vaccination, an increase of 8k since last week.

Vaccinations have now moved beyond the original target of people in Tiers 1-9 (the over-50s and clinically vulnerable).

If you are aged 40 and over you can visit the [NHS National Booking Service](#) or call 119 to book your first dose appointment.



Remember:

- Vaccinations are given to people in the priority order set by the Government
- The second dose of the vaccine is given 11 weeks after the first dose, and residents will be contacted by letter, phone or text message to book an appointment when the time is right. If you haven't been contacted by week 10 after your first dose, please contact your GP practice.
- You must still follow the Covid-safe rules even if you have been vaccinated – it takes several weeks for the vaccine to work, and you may still be able to catch the virus and pass it on.

[Find out more](#) about the vaccination programme in Bury.

Keep up to date with all of the latest information about the Covid-19 vaccination, along with the benefits and risks in this [useful information guide](#).

## Bury Covid-19 cases continue downward trend

The number of new cases of Covid-19 continued to fall in Bury in the week up to 1 May, when the weekly rate of new cases was 21.5 per 100,000 people. This was the 9th highest rate in Greater Manchester (out of 10 areas) and 10th highest in the North West (out of 23 areas). Numbers of new cases remain low across all age groups, particularly people aged over 60.

- Week ending 1 May: infection rate per 100,000 (including LFT) 21.5 (41 new cases).
- Week ending 24 April: infection rate per 100,000 (including LFT) 25.7 (49 new cases).
- Week ending 17 April: infection rate per 100,000 (including LFT) 27.8 (53 new cases).
- Week ending 10 April: infection rate per 100,000 (including LFT) 31.4 (60 new cases).

To keep cases down and stop new variants spreading we all need to keep doing our bit. Getting tested, keeping your number of contacts to a minimum and self-isolating if you have symptoms or a positive test are vital to helping us all get back to normal.

## Rapid testing for everyone

In Bury we are supporting the Government's ask that everyone without symptoms gets regularly tested for coronavirus.

An estimated 1 in 3 people have the virus but don't know it, and so they could unknowingly pass it on to their loved ones or work colleagues.

Regular rapid testing twice a week helps to pick up cases that might otherwise not have been discovered. With this knowledge we can break the chain of transmission, helping us to protect people around us and safely get back to the things we enjoy and a more normal way of life.

The rapid test, known as a lateral flow test, takes approximately five minutes to complete and the result is available in around an hour if you are having an assisted test, or 30 minutes if you are taking the test yourself at home.



Hands



Face



Space



Air

There are two main ways you can arrange a rapid test:

### 1. Assisted testing at a test centre

You can book an assisted rapid test at one of our testing centres. Our team will explain what to do and will process your result which will be sent to you by email or text message in around an hour.

You can book an assisted rapid test online, at:

- Waterfold Business Park, Bury BL9 7BR.
- The Mosses Centre, Cecil Street, Bury BL9 0SB.

### 2. Home testing with a self-test kit

You can also take the test yourself at home by following the instructions included with the self-test kit. You can collect a supply of self-test kits from a local testing site at certain times, from participating community pharmacies, or order kits to be sent to your home.

#### *Registering your result*

If you self-test at home you will need to register your result online or by phoning 119 within 24 hours of taking your test.

#### *If you have a positive result*

Anyone that has a positive result should self-isolate and will be required to take a follow-up PCR test within two days to confirm the result, even if they don't have symptoms. This is also important to help track any variants of concern.

Even if you have a negative result, it's still vital to continue to follow the guidance around hands, face, space and air, to avoid catching coronavirus.

Find out everything you need to know, book a test or request / arrange to pick up testing kits to use at home on our [testing information page](#).

## If you have Covid-19 symptoms, here's how to get tested

If you have any of the three most common symptoms of coronavirus - a high temperature, a new continuous cough, or a loss or change to your sense of smell or taste - we urge you to get tested to protect yourself and the people around you. Please get tested within the first 3 to 5 days of symptoms.

A range of testing options are available right across the borough:

- No appointment needed at Bury's walk-through testing centre, open 10am - 3pm, Monday – Friday (excluding bank holidays) at Chesham Fold, 95 Chesham Fold Road, Bury BL9 6JZ.
- By appointment 8am - 1.30pm with some locations open seven days a week, at Department for Health & Social Care testing centres located at:
  - The former Radcliffe Pool car park, Blackburn Street, Radcliffe
  - Whitefield Library, Pinfold Lane, Whitefield
  - The Metro Christian Centre, 13 Parkhills Road, Bury
  - Longfield Centre car park (via Rectory Lane), Prestwich



**Hands**



**Face**



**Space**



**Air**

- Great Eaves Road test site, Great Eaves Road, Ramsbottom
- Bury's drive-through testing site at Waterfold Business Park is available by appointment only.

Access the [latest information](#) about testing and availability or call 0161 253 5515.

## It's vital to self-isolate

If you're told to self-isolate, it's important to do so immediately and for the full 10 days. You shouldn't leave home for any reason during this time (including the period of awaiting a Covid-19 test result)

Keeping yourself away from other people when you could be infectious is the most effective way of stopping coronavirus from spreading.

You're not alone if you find doing this hard. Planning ahead, even before you have been told to self-isolate, can make things easier; for example think about how you would get necessities like food and medication in the event of the household having to self-isolate.

Bury's Community Hubs are supporting households who are isolating and do not have friends or family nearby who can help them. Those who have tested positive for coronavirus will be contacted by the hubs on day 1 and day 6 to arrange help if needed.

Call 0161 253 5353 (Monday to Friday, 9am to 5pm) for information or to talk to us about what help you might need.

## Helping people through the toughest times

### ***Mental health support***

As the coronavirus pandemic continues, life has changed for all of us and it's natural that this may cause you to feel worried or anxious, lonely or frustrated. If you feel you need some 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.

You 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.

### ***Support for business***

Funding in the form of several types of grant is still available for eligible businesses of different sizes and types as we move out of lockdown.

The [Bury Means Business website](#) has further information including eligibility criteria and an online application, and advice is also available from [investin@bury.gov.uk](mailto:investin@bury.gov.uk)

Restart grants are administered directly by Bury Council to help businesses reopen safely as coronavirus restrictions are eased across the country. [Find out more](#) including guidance and eligibility criteria before applying.



**Hands**



**Face**



**Space**



**Air**



## Could you be a Community Champion?

Stay up-to-date with the latest on coronavirus by becoming a Bury Community Champion, receiving regular updates on the latest Covid-19 advice and guidance and accessing exclusive fortnightly webinars.

Dozens of people across the borough have already signed up to the scheme, and are working alongside Bury's public health team to co-produce information to pass out to their local communities and groups and raise issues and concerns.

Find out more about becoming a [Community Champion](#).

Next update due Friday 14 May, 2021.

Find up-to-date information at [bury.gov.uk/coronavirus](http://bury.gov.uk/coronavirus)



Hands



Face



Space



Air