



COVID-19 Stakeholder and Influencer Toolkit

Overview

The government has announced its plan for [‘Living with COVID’](#) and some guidance changes start from today, 24 February

- You are longer legally required to self isolate if you test positive for COVID-19 but it is strongly advised you do.
- Unvaccinated close contacts of those testing positive do not need to isolate.
- Routine contact tracing ends.
- Free universal symptomatic and asymptomatic testing for the general public in England will stop from 1 April.

Key messages

- Living with COVID changes in guidance from today.
- Vaccinations for 5-11yr olds approved by JCVI.
- Panoramic antiviral trial to treat COVID-19 continues.
- Changes for eligible fully vaccinated arrivals to the UK effective now.





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Recommended Behaviours

You can help to adapt behaviour to reduce the risk of catching and passing on COVID-19 by:

- **Getting vaccinated.**
- **Letting fresh air in** if meeting indoors, or meeting outside.
- **Consider wearing a face covering** in crowded and enclosed spaces, especially where coming into contact with people you do not usually meet.
- Trying to **stay at home if unwell.**
- Taking a **test if displaying COVID-19 symptoms**, and staying at home and avoiding other people if testing positive.
- **Washing hands** and following advice “Catch it, Bin it, Kill it”

How you can help

- Download [new images](#) to share on your WhatsApp groups.
- Share the [Prime Ministers announcement](#) with your networks.
- Read [Living with COVID-19](#).
- Post [assets in community languages](#) to your networks.





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Testing & Self-isolation

- Even though there is no longer a legal requirement to self-isolate from 24 Feb, you are strongly advised to stay at home if you test positive for COVID-19.
- Adults and children who test positive are advised to stay at home and avoid contact with other people for at least 5 full days and then continue to follow the guidance until they have received 2 negative test results on consecutive days.
- Staying at home if you test positive with COVID will protect your loved ones and those who are vulnerable to COVID-19.

How you can help

- Share the updated guidance on staying at home with your networks.
- Share the image [on the right](#) on the self-isolation guidelines.





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Antivirals

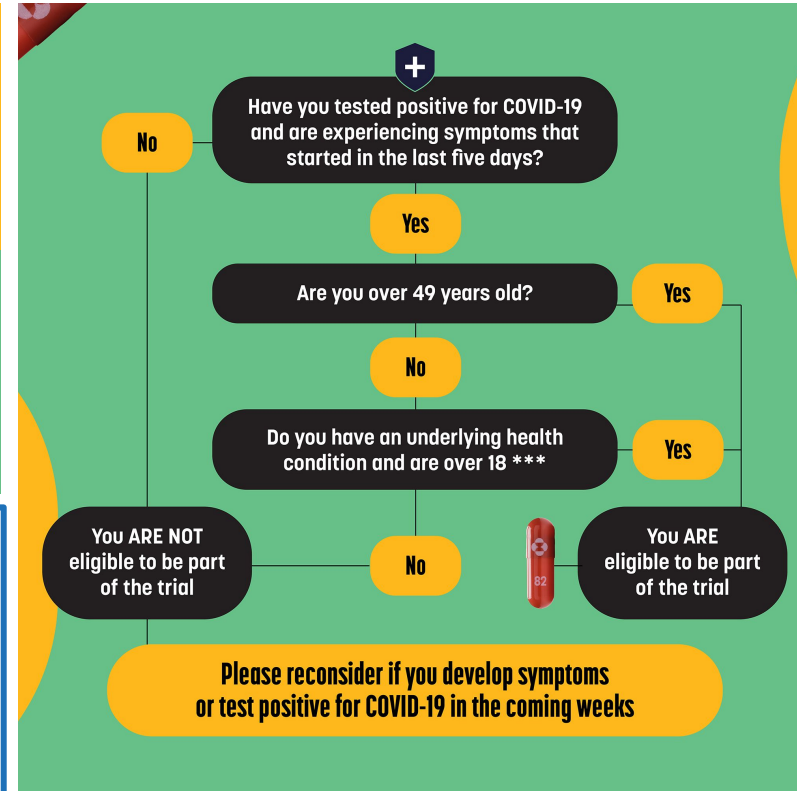
Tested positive for COVID-19?
You could be eligible to take part
in a study to help learn more
about new antiviral treatments.

The aim of the Panoramic trial is
to find new treatments that help
those suffering with COVID-19 at
home and in the community get
better quicker and without
needing to be treated in hospital.



How you can help:

- Share [posters from the CRC](#) on anti-virals treatments with your community.
- Share this [social media post](#).
- Visit panoramictrial.org to check if you're eligible and find out how to sign up.





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International Travel

Before you travelling to or from England you should check on [gov.uk](https://www.gov.uk) to see:

- Entry requirements for a country you're going to or travelling through
- What you need to do before and after you return to England
- Whether you need to take any tests and when
- What you need to do to travel with children
- Whether you're exempt from any rules

How you can help:

- Download the assets on international travel from the [Coronavirus Resource Centre](#) and share them with your community
- Use this link to complete your [passenger locator form](#)

 HM Government

NHS

BEFORE TRAVELLING ABROAD

you should check and follow entry requirements for your destination country.

Find out more at [gov.uk/travel-abroad](https://www.gov.uk/travel-abroad)



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Booster jabs

91.4% of the 12+ population have had at least one COVID jab but only 66.1% have been boosted. The vaccine is your main form of defence from COVID-19.

Available for everyone aged 16 and over even if you are not a citizen of the UK.

NEW: JCVI has advised a spring booster (second booster dose) to people 75+, residents in care homes and 12+ who are immunosuppressed

How you can help

- Post a link to the [NHS booking service](#) to your networks.
- Download and share on WhatsApp the [new vaccination resources](#) with your networks.
- Share [large print accessible posters](#) with your networks.
- Share [short videos](#) on the change vaccinations have made in two years to school life.





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Vaccines in pregnancy



“

It is really clear now that vaccination in pregnancy is a very good thing to do for you, a very good thing to do for your unborn baby, and new data demonstrating that it's utterly also a very good thing to do for your newborn baby.

”

Prof. Chris Whitty,
Chief Medical Officer 21.2.2022

How you can help

- Post a link to the latest news about the [effectiveness of vaccines](#) for pregnant women to your networks.
- Download and [post a video](#) on common questions about the COVID-19 vaccine on pregnancy and breastfeeding.
- Share [translated assets on boosters](#) in 11 languages including Urdu with your communities.



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Vaccine myths

Myths and reality

Myth - The vaccines were rushed through without proper safety checks.

Reality - Like any other vaccine, the COVID-19 vaccines underwent extensive safety checks. No stages in the vaccine development process were bypassed however some parts were speeded up, such as the rapid recruitment of volunteers.

Myth - You can't get a vaccine if you are in the UK illegally.

Reality - Overseas visitors to England, including anyone living in the UK without permission, can be tested, treated or vaccinated for COVID-19 for free (until 1 April 2022).

How you can help

- Share the information above with your networks.
- Post the [image](#) to your WhatsApp and Facebook groups





When someone has COVID-19 in the workplace, they breathe it out in particles. Particles that hang in the air like smoke, and can be breathed in by other employees and customers.

Ensuring workspaces and business premises are well ventilated will help disperse these particles and keep employees and customers safe.

It's important that all businesses update their risk assessment and take action to remedy poorly ventilated spaces.

How you can help

- Use our [social media assets](#) on your channels.
- Share the [employer toolkit](#) with your networks.
- Share HSE's [ventilation videos](#) with your members.