



COVID-19 Stakeholder and Influencer Toolkit

Overview

[The JCVI has advised a spring booster](#) (second booster dose) to people aged 75 years and over, residents in care homes, and people aged 12 years and over who are immunosuppressed.

[Almost three quarters of a million young people have been double jabbed so far](#) – two months after the vaccination programme started to roll out second doses to 12 to 15s.

You are no longer legally required to self isolate if you test positive for COVID-19 but it is strongly advised you do.

Key messages

- Continue to follow safer behaviours to prevent the spread of COVID-19.
- PANORAMIC antiviral trial to treat COVID-19 continues.
- Spring booster for over 75s announced.
- Unvaccinated pregnant women risk severe harm from COVID-19 infection to themselves and unborn baby.





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Recommended Behaviours



HM Government

NHS

**Wash your hands regularly
for 20 seconds or more
to limit the spread of COVID-19.**

By following safer behaviours you will reduce the risk of catching and passing on COVID-19. You can protect yourself and others by:

- “Catch it, Bin it, Kill it” and **washing your hands**.
- **Getting your 1st, 2nd or booster vaccination**.
- Opening the windows and **letting fresh air in** when meeting people indoors.
- **Wear a face covering** in crowded and enclosed spaces, like shopping centres and public transport.
- Trying to **stay at home if you feel unwell**.
- Taking a **test if you are experiencing COVID-19 symptoms**, and avoiding other people if you test positive.

How you can help

- Download [new images](#) and [video assets](#) to share with your communities and WhatsApp groups.
- Read [Living with COVID-19](#).
- Post [assets in community languages](#) to your networks.



COVID-19 Stakeholder and Influencer Toolkit

Testing & Self-isolation

You are no longer legally required to self isolate if you test positive for COVID-19 but it is strongly advised you do.

You may choose to take an LFD test from 5 days after your symptoms started followed by another LFD test the next day. If both these test results are negative, and you do not have a high temperature, the risk that you are still infectious is much lower and you can safely return to your normal routine.

Staying at home if you test positive with COVID-19 is the best way to avoid spreading the virus and help protect others.

How you can help

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





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Antivirals

If you've tested positive for COVID-19, you could be eligible to take part in a study to help learn more about new antiviral treatments.

If you are 50 and over or 18-49 and have an underlying health condition that can increase the risk of developing severe COVID-19 you could be eligible to participate in the PANORAMIC study.

To find out more about antibody and antiviral treatments click [here](#).

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



HM Government



INTERNATIONAL TRAVEL

is being made easier.

Eligible fully vaccinated travellers and under 18s no longer need to test on arrival to the UK.

Travellers not fully vaccinated will need proof of a negative pre-departure test and a PCR arrival test.

Find out more at gov.uk/travel-abroad

Before you travelling to or from England you should check on 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](#)



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Booster jabs

Who is eligible for COVID-19 jabs and boosters and when?

- COVID-19 jabs are available for everyone aged 5+. You do not need an NHS Number or be registered with a GP to get your COVID-19 jab.

Boosters

- Everyone aged 16+ or 12-15 in an 'at risk' category is eligible for a booster 3 months after their second dose.
- People aged 75+, residents in care homes and those 12+ who are immunosuppressed are advised to have a spring booster 6 months after their third dose/booster.

How you can help

- Post a link to the [NHS booking service](#) to your networks.
- Share [translated assets on boosters](#) in 11 languages including Gujarati with your communities.

The poster is red with white and yellow text. It features the NHS logo and HM Government logo in the top left. The main text in Gujarati reads: 'તમે તમારી COVID-19 રસીઓ તમારી ગર્ભાવસ્થાના કોઈપણ તબક્કે મેળવી શકો છો.' (You can get your COVID-19 vaccines at any stage of your pregnancy). Below this, it says: 'તેથી જો તમે પહેલેથી તે લીધી નથી, તો હવે તે લેવાનો યોગ્ય સમય છે.' (Therefore, if you haven't taken it yet, now is the right time to take it). At the bottom, it says 'GET BOOSTED NOW' and provides the link 'nhs.uk/covidvaccination'.

HM Government

NHS

તમે તમારી
COVID-19 રસીઓ
તમારી ગર્ભાવસ્થાના
કોઈપણ તબક્કે મેળવી શકો છો.

તેથી જો તમે પહેલેથી તે લીધી નથી,
તો હવે તે લેવાનો યોગ્ય સમય છે.

GET BOOSTED NOW nhs.uk/covidvaccination



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Vaccines in pregnancy

New research by experts at the [University of Oxford](#) shows that severe COVID-19 infection in pregnant women, particularly in the third trimester, significantly increases the risk of harmful outcomes for mother and baby.

Pregnant women over the age of 30 years, those of Black, Asian or other minority ethnicity and those who are obese or have health conditions, such as gestational diabetes and pre-existing hypertension were identified as being at greater risk of severe COVID-19 infection.

How you can help

- Share a link to the latest [research](#) for pregnant women to your networks.
- Download the assets from the [Coronavirus Resource Centre](#) and share them with your community





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Vaccine myths

Myths and reality

Myth - The vaccines have a tracking device.

Reality - It is impossible for the vaccine to contain any devices and a full list of ingredients is available on the [MHRA website](#).

Myth - The vaccines are harmful to pregnant women.

Reality - Pregnant women are more likely to get seriously ill from COVID-19 and we know that vaccines are safe for them and make a huge difference. Almost all pregnant women who were hospitalised or admitted to intensive care with COVID-19 were unvaccinated.

How you can help

- Share the information above with your networks.
- Download information on the [vaccine ingredients](#)
- Read the latest report on [benefits of COVID-19 vaccine for pregnant women](#)

