

COVID-19 Update

19/1/2020

Carole Furlong
Director of Public Health

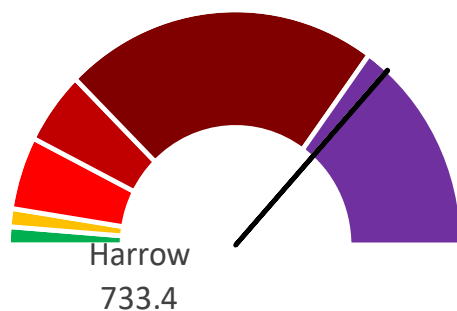
Harlow COVID 19 Dashboard

report date: 19/1/2021

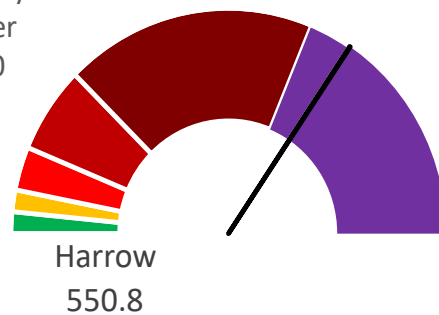
Data from January 8 2021 to January 14 2021

Confirmed Positive Cases in 7 days
to 14/01/2021 **1842**
% Change in past 7 days **-21%**
Interim positive cases in 7 days to
17/1/2021 **1692**

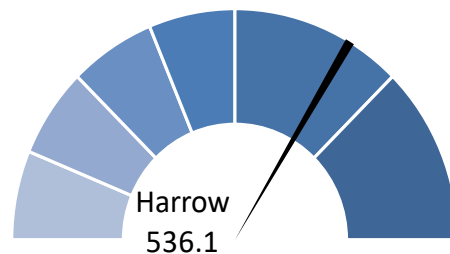
Incidence rate
(all ages)
in past 7 days
per 100,000



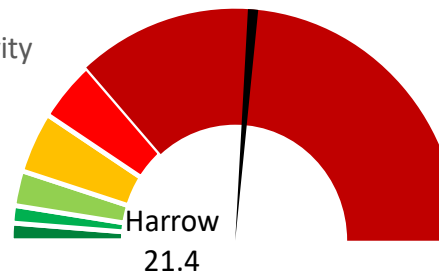
Incidence - 7 days
in 60 and over
per 100,000



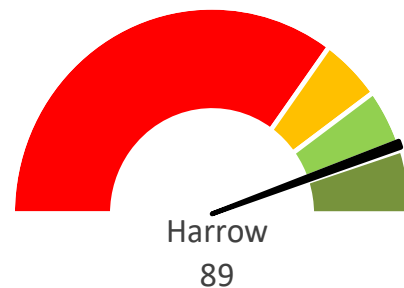
Testing
rate
per 100,000



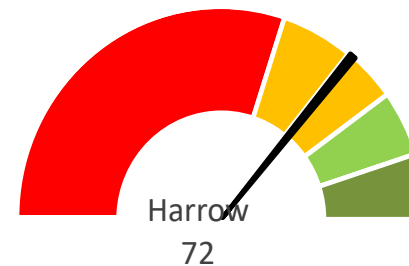
Test Positivity
rate



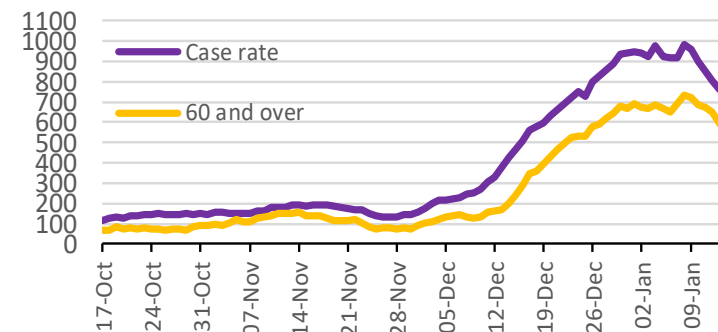
Test and Trace
Cases
(cumulative)
% Complete



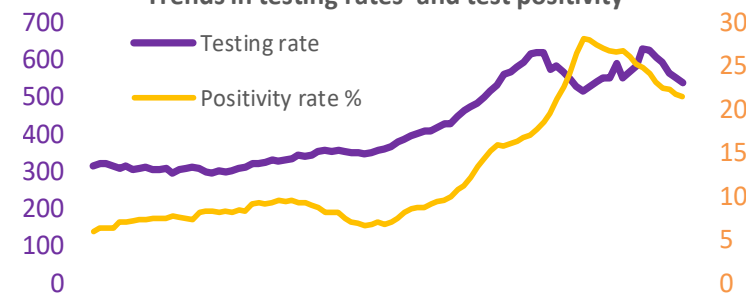
Test and Trace
Contacts
(cumulative)
% Complete



Trends in case rates per 100,000



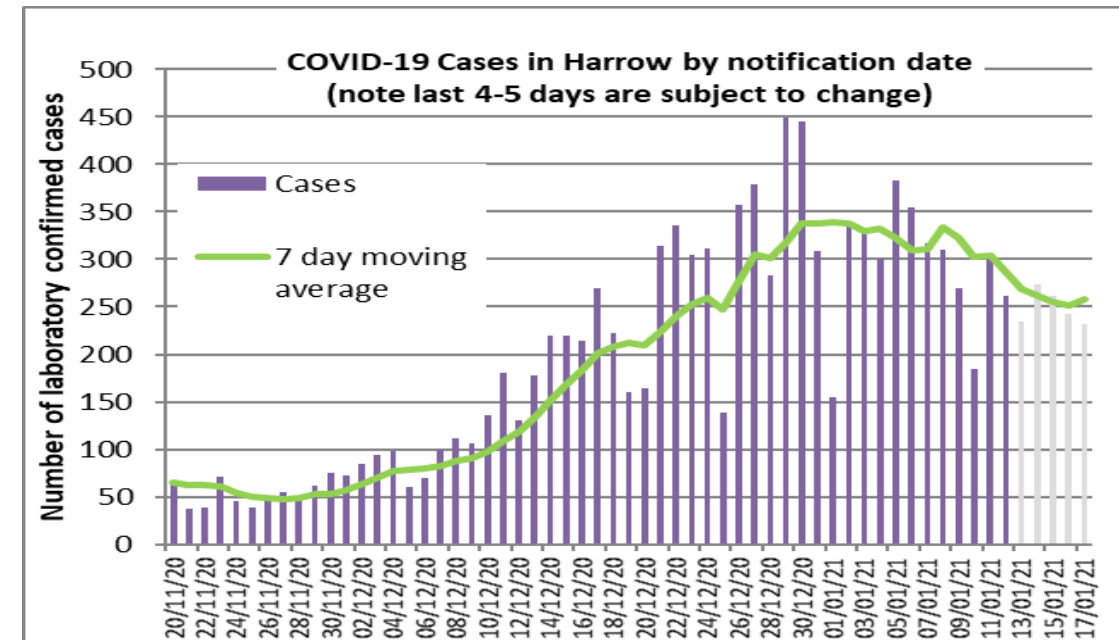
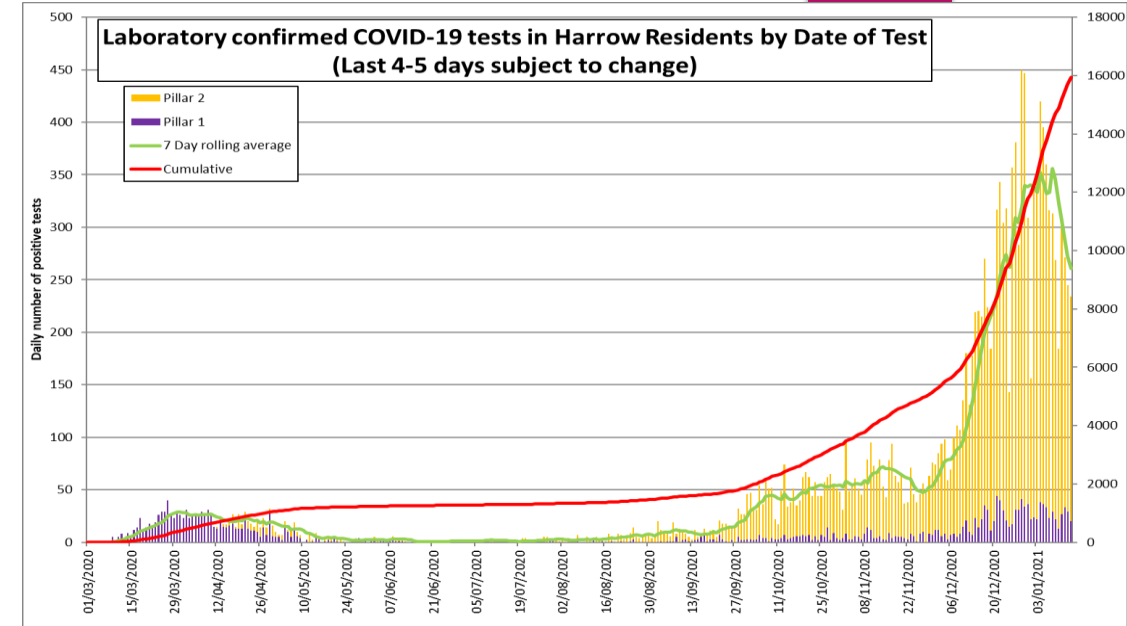
Trends in testing rates and test positivity

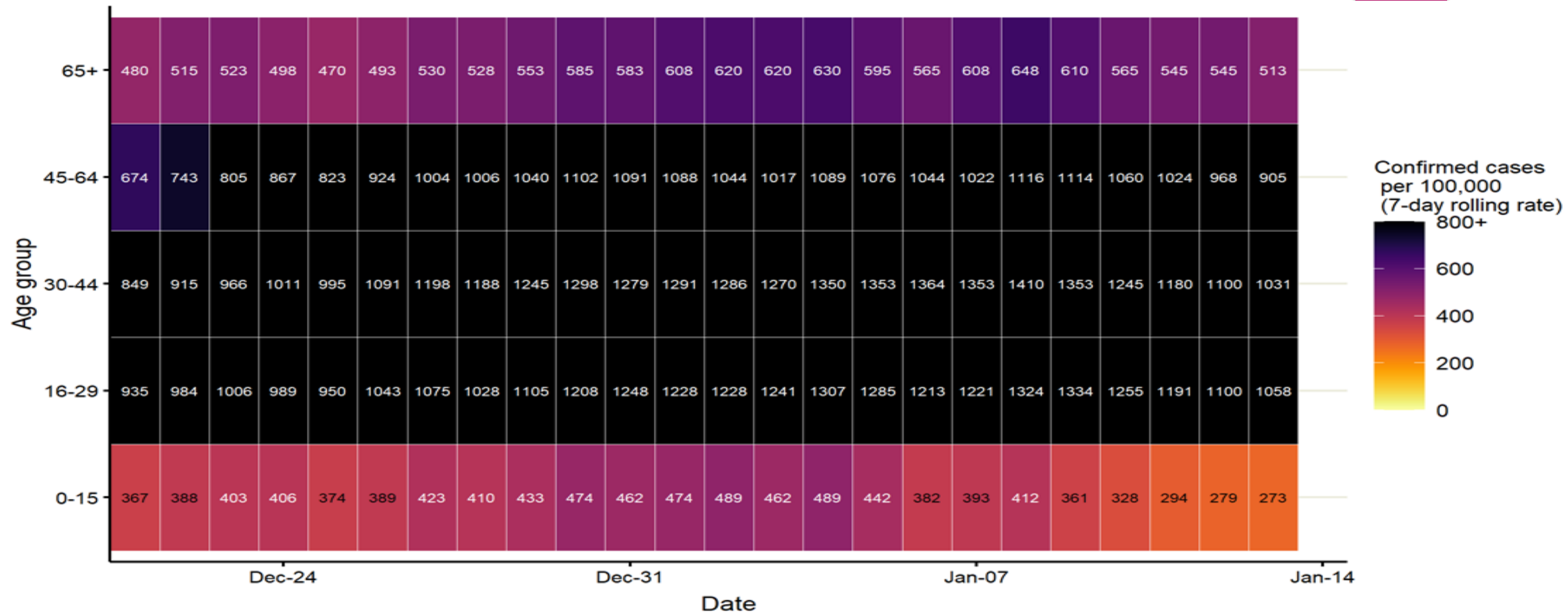


The latest data shows a clear decrease in the rate of new cases in the past 3 days. Interim data suggests that this is a real decrease as a result of the lockdown after cases plateaued late last week. On average, there over 250 new cases per day. However, this still means that infection rates are very high. Positivity, a good indicator of rates of sustained / increasing community transmission, remains high with 2 in 9 tests being positive. 90% of the cases in Harlow are due to the new UK variant. All of the data above are for PCR tests (those that need to be analysed in a laboratory).

Covid -19 Cases

- ▶ The graphs show the whole pandemic from March 2020 and then a close up of the past 6 weeks.
- ▶ The latest data shows that the average new cases per day is under 300. The trend looks as though the number of cases per day has plateaued and the grey interim columns suggests that it may be decreasing as a result of the lockdown and the schools not fully opening to all students
- ▶ The high rates of the UK variant which is more transmissible (catchable) than the original virus means that we will need to remain in lockdown until the rates come right down.
- ▶ It is vital that anyone with symptoms isolates and gets tested and then they and their contacts also must isolate. This prevents transmission. The new rapid test for people without symptoms will help us identify the 1 in 3 people who have the virus without symptoms.





Cases by Age

The graphic shows that cases are starting to plateau in all age groups. Cases remain very high in the working age adults age groups. But have started to decrease in the past week.

The rate in under 16s has fluctuated but has consistently been lower than the rates in the over 16s. The latest data shows that rates in this groups are decreasing.

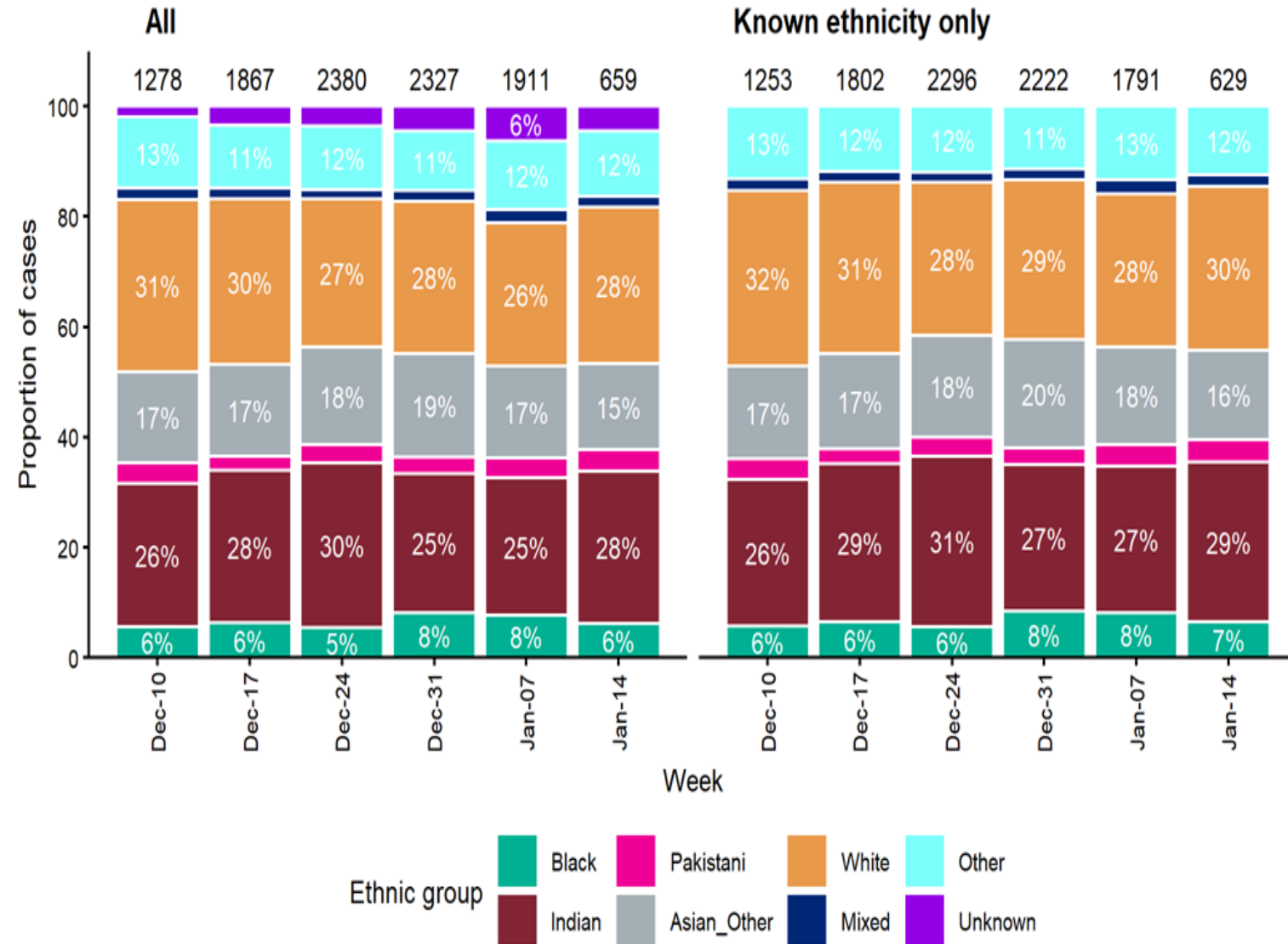
Rates in over 60s remain unacceptably high and some of this is being driven by outbreaks in care homes.

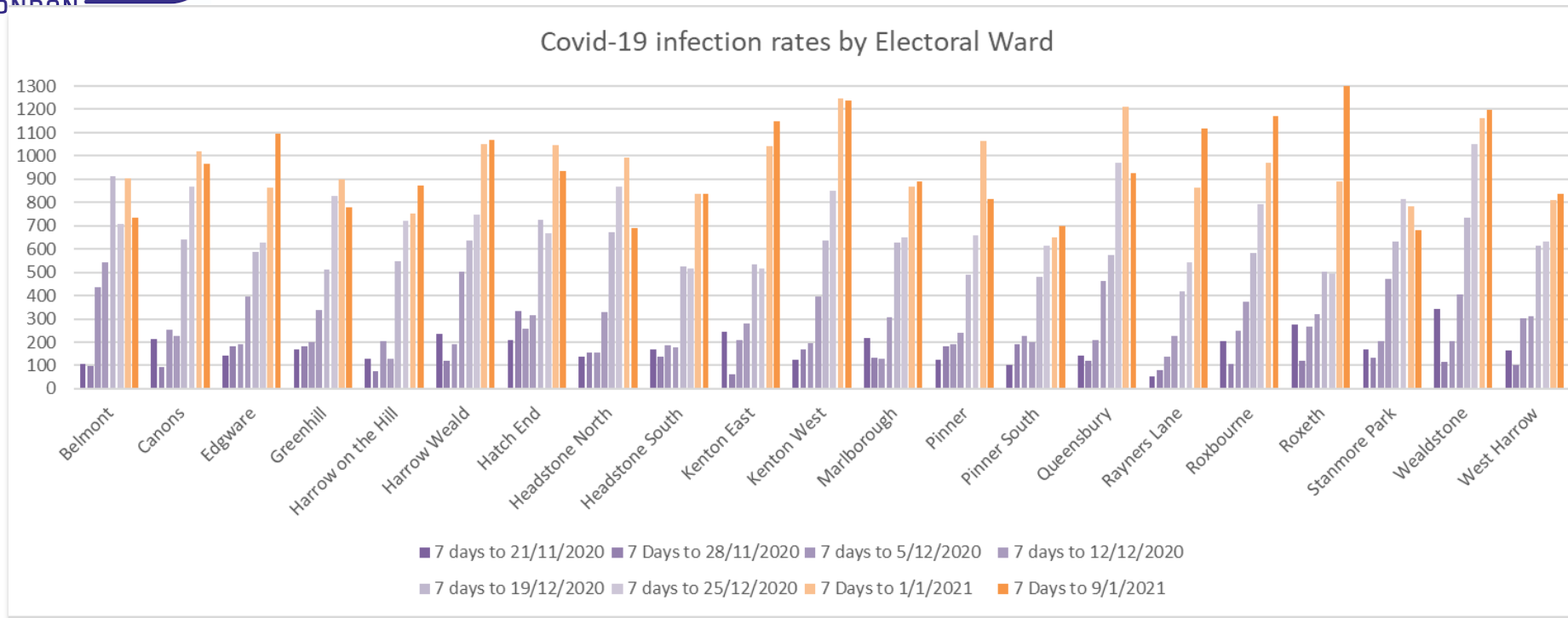
Cases by Ethnicity

The graphic shows the ethnic breakdown of cases in past 5 weeks and the latest 4 days in the last bar.

The data had previously showed an increase the proportion of cases in the Asian Indian group, the other Asian groups and in the Black ethnic group. The other Asian and Black ethnic groups still represent a slightly higher proportion than we would expect for their proportion in the population.

Currently unpublished data also shows that there are increases in hospitalisations and deaths in Asian groups and Black ethnic groups.





Cases by Geography

Every part of the borough is affected by COVID. As usually happens the highest and lowest rates are in different wards than last week however, both have increased. In the last week, Roxeth ward has the highest rate and Stanmore part the lowest this week. All of these cases are from positive PCR tests. We do not yet have robust data on the geographical spread of the lateral flow tests results

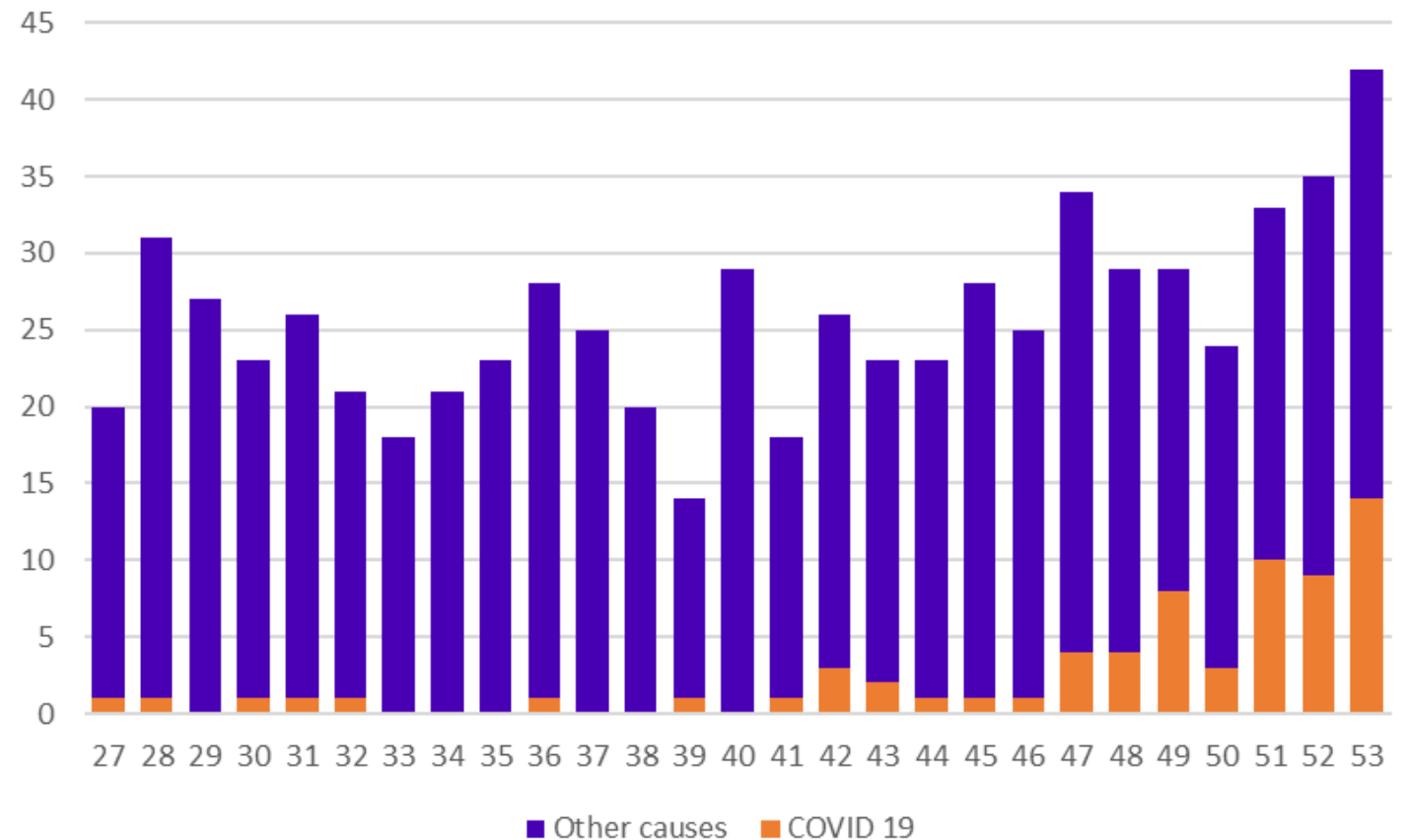
Deaths from Covid

► The number of deaths from COVID is continuing to increase and 14 families suffered a bereavement in the last week of 2020.

► We know that the course of the disease means that after infections rise, there is a lag before there is an increase in hospitalization and need for ventilators. There is a further lag and then the death rates increase.

► Cases increased throughout December and early January and we have seen increased pressure on hospital admissions and on the need for ventilator beds within the hospitals. We are now seeing the wave of increases in deaths from Covid 19. Data modelling suggests that hospital admissions will peak in the next week before beginning to decrease and deaths are predicted to continue to increase for 2-3 more weeks.

Deaths from all causes and due to Covid-19 for second half of 2020 (registered to 9th January 2021)



How to stay safe and break the chain of infection – It's everyone's business!

Multiple Layers Improve Success

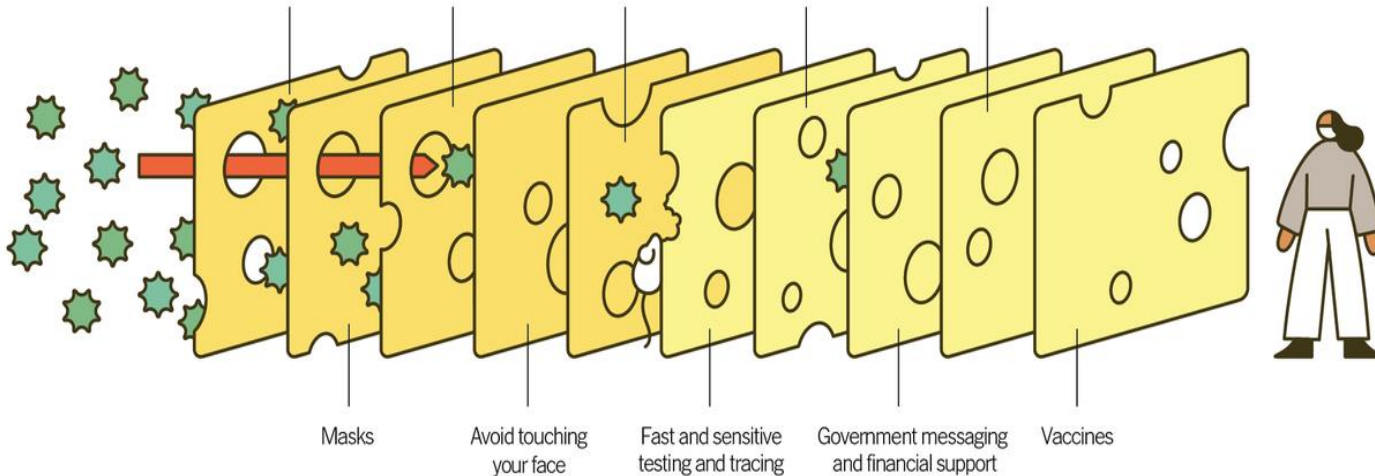
The Swiss Cheese Respiratory Pandemic Defense recognizes that no single intervention is perfect at preventing the spread of the coronavirus. Each intervention (layer) has holes.

Personal responsibilities

Physical distance,
stay home if sick

Hand hygiene,
cough etiquette

If crowded,
limit your time



Shared responsibilities

Ventilation, outdoors,
air filtration

Quarantine
and isolation

There are lots of things we can all do to reduce our chance of getting or spreading Covid.

Think of them as slices of swiss cheese – no one action or intervention is perfect and all will have holes.

But the more actions we take, the less chance we have of the holes lining up to allow the infection to pass through.

You can break the chain of infection.

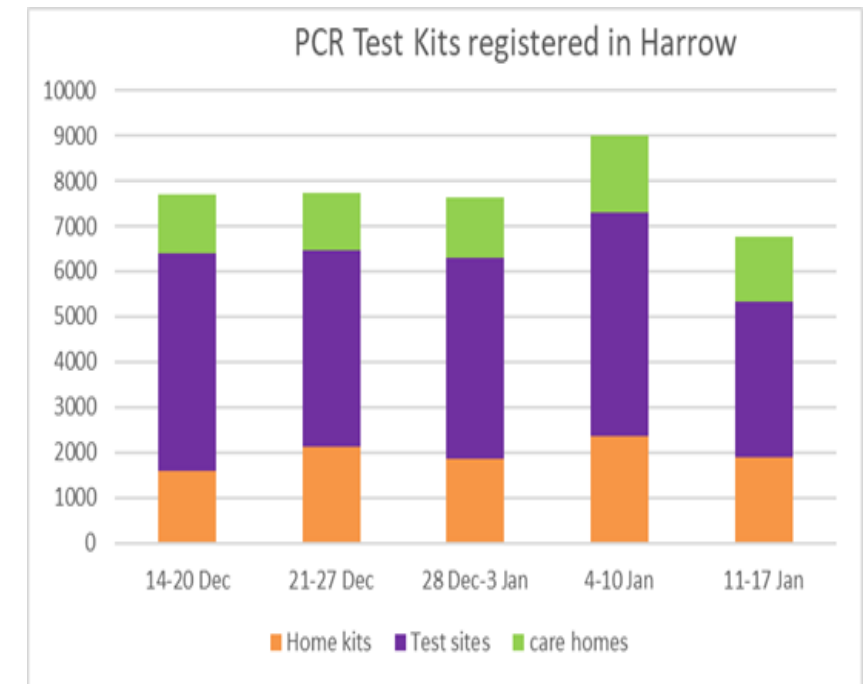
Testing

Covid Symptoms

- ▶ Anyone with symptoms of
 - ▶ new persistent cough,
 - ▶ fever or
 - ▶ loss of taste or smell
- ▶ needs get tested at one of the symptomatic test sites that do PCR testing
- ▶ AND
- ▶ Isolate with everyone else in their household until they get the test result
- ▶ If positive, isolation ends after 10 days for all – unless someone else gets symptoms and a positive test
- ▶ If negative isolation ends immediately

Symptomatic Testing

- ▶ Anyone with symptoms of new persistent cough, fever or loss of taste or smell needs to get tested at one of the symptomatic test sites that do PCR testing
- ▶ Bookings through the NHS website www.nhs.uk/coronavirus
- ▶ Test Sites in Harrow
 - ▶ Civic Centre car park A – 2-3 days per week – Drive through
 - ▶ Northolt Road, South Harrow – Daily 8am to 8pm – walk through
 - ▶ Boxtree Lane, Harrow Weald - Daily 8am to 8pm – walk through
 - ▶ Northwick Park – one day at weekends – drive through
 - ▶ A third local test centre is planned by the end of January.
- ▶ Other sites
 - ▶ Heathrow drive through
 - ▶ Watling Community Centre, Edgware – walk through
- ▶ Rates of symptomatic testing increased in the first week of the New Year. The sites in Harrow were busy and slightly above capacity - they took over 9,000 tests compared the usual 7,500.



People with no symptoms

- ▶ One in three people with Covid do not have symptoms - this means they don't go for testing and don't isolate themselves.
- ▶ Due to the high number of covid cases, Harrow is testing people **without symptoms** using rapid testing technology called lateral flow devices.
- ▶ The LFD tests are very good at identifying people who are infectious but don't know it.
- ▶ Who should have it?
 - ▶ All essential workers – including volunteers - should have the test twice a week
 - ▶ Anyone who is not able to work from home should have the test twice a week
 - ▶ Families of essential workers should have test at least once per week
 - ▶ Carers of a vulnerable person or people who live with someone who is CEV/shielding should have a test at least once per week
- ▶ But others can also have the test if they want it, for example
 - ▶ Parents of children attending nursery can have test at least once per week
 - ▶ Anyone that leaves their house e.g. to do a weekly shop can be tested once a week while they are out

GET TESTED

FEEL FINE? BOOK YOUR FREE, FAST COVID-19
TEST NOW AT [HARROW.GOV.UK/TEST](https://harrow.gov.uk/test)



Harrow COUNCIL
LONDON

NHS

Test and Trace

What happens at rapid Lateral Flow test site?

After registering, you are directed to a booth – and asked to blow your nose and take your own swab and then place it into a small tube of liquid to extract any material on swab. The booth is then sanitised before next person arrives



A test processor puts drops put onto a test cassette and records the time, sets the timer and waits 30 minutes before reading the result. The result is uploaded into the national system and they send you a text message with the result – it takes 30-40 minutes to get a result.



Asymptomatic testing

- ▶ Five static sites:
 - ▶ St Ann's Shopping centre;
 - ▶ Civic Centre 5/6;
 - ▶ Harrow Art Centre
 - ▶ Shree Swaminaryan temple in Stanmore
 - ▶ a small unit at the Forward Drive depot for essential Harrow Council staff based there.
- ▶ A mobile unit which is in North Harrow this week.
- ▶ Around 1,000 tests are being conducted per day and around 3-4% of these have been positive.
- ▶ In the last week, 6600 people with no symptoms were tested and 218 were been found to be positive. Their isolation means that the they can no longer spread Covid without knowing it.
- ▶ For more information on this testing and to book a test, go to www.harrow.gov.uk/test .
- ▶ Please sign up for the council's My Harrow newsletter to find out more about where the mobile unit will go next.

If you are asked to isolate

- ▶ Please don't leave your house for the full 10 days
- ▶ Make sure the others you live with isolate too for the full 10 days – this includes not sending children to school or nursery
- ▶ If you have any needs, please contact Help Harrow <https://helpharrow.org/>
- ▶ If you are on low income or receiving certain benefits, you may be eligible to get a £500 isolation payment
- ▶ <https://www.harrow.gov.uk/supportforresidents>

Key Messages

- ▶ There are around 300 new cases of covid-19 diagnosed in Harrow everyday. The curve is flattening.
- ▶ There remains a significant impact on hospital admissions into Northwick Park and an increasing number of these patients requiring ventilation.
- ▶ Although more people in Harrow are having tests and we have greater capacity for getting tested if people have symptoms. BUT as 1 in 4 tests are positive, it tells us there are many infections that are not being found. This is due to the new variant of the virus which you are more likely to catch if you come into contact with it and .
- ▶ To find those with asymptomatic disease, rapid lateral flow testing available across the borough – use the council website to book.
- ▶ Household spread / household mixing remains the main source of outbreaks and this continues to drive the pandemic.
- ▶ Message to your communities: We can all play our part in reducing the chance of spreading coronavirus to our family, friends and neighbours .
 - ▶ Follow the **Hands Face Space** guidance especially when out shopping.
 - ▶ Mixing with people from other households is not allowed.
 - ▶ If you have symptoms, please **get a test** as soon as possible.
 - ▶ Work from home unless you have an essential job where that is not possible.
 - ▶ If you have an essential job, have regular rapid testing to ensure you do not have the virus without having symptoms.
 - ▶ if you test positive, or are a contact of someone who has tested positive **isolate** for **10 full days**.
 - ▶ If you are invited for the coronavirus vaccine, please get it. The more people vaccinated, the sooner we can return to a more normal way of life.

Covid Vaccination



What do you know about vaccines?

Next to clean water/sanitation, the most effective public health intervention ever

Vaccination

High Risk groups will be vaccinated first

- Phase 1 of the vaccination programme
 - Residents in care homes for older adults and their carers
 - 80-year-olds and over and frontline health and social care workers
 - 75-year-olds and over
 - 70-year-olds and over and clinically extremely vulnerable individuals
 - 65-year-olds and over
 - 16- to 64-year-olds with serious underlying health conditions
 - 60-year-olds and over
 - 55-year-olds and over
 - 50-year-olds and over
- Phase 2 of the vaccination programme has not yet been announced



The 10,000th person was vaccinated in Harrow on 15th January.

Over 75% of the mobile over 80s group and almost all care homes have now been vaccinated.

This week, housebound over 80s are being done.

Many front line health and social care staff have also been vaccinated

Invitations are due to go out to the over 75s and over 70s soon.

Where can I get vaccinated

- ▶ Vaccination is by invitation only
- ▶ 3 PCN hubs are already running across the borough:
 - ▶ The Hive
 - ▶ Tythe Farm
 - ▶ Byron Hall
- ▶ GPs and community teams have also been vaccinating those in care homes and housebound people over 80.
- ▶ Mass Vaccination Centre
 - ▶ Byron Hall
 - ▶ Run by Dept of Health and Social Care
 - ▶ Estimated start date February 2021
- ▶ Community Pharmacy
 - ▶ Work is underway to identify appropriate community pharmacy sites for vaccination

What are the vaccines?

	Pfizer-BioNtech vaccine	Astra Zeneca vaccine	Moderna vaccine
Type of vaccine	mRNA Vaccine - uses a tiny fragment of the virus's genetic code which makes a part of the virus inside the body, which the immune system recognises as foreign and starts to attack.	made from a weakened version of a common cold virus from chimpanzees, that has been modified to not grow in humans.	mRNA Vaccine
Effectiveness	95% effective	90% effective	94.5% effective
Dosage	two doses, 3 to 12 weeks apart	two doses, 4 to 12 weeks apart	two doses, 4 to 12 weeks apart
Storage issues	must be stored at a temperature of around -70C. It will be <u>transported in a special box</u> , packed in dry ice and installed with GPS trackers	easiest vaccines to distribute, because it does not need to be stored at very cold temperatures.	easier to store than Pfizer vaccine, because it stays stable at -20C for up to six months
How many doses has UK bought?	40 million doses	100 million doses	17 million doses
How many people were in the trial?	44,000	12,000	30,000

Myths about COVID-19 Vaccinations

- ▶ **Myth: The vaccines aren't safe because they were developed quickly.**
 - ▶ FALSE: the vaccines themselves were developed quickly, but the clinical trials, which examine safety and efficacy, weren't rushed at all <https://youtu.be/VpIsvIWJ5u4>
- ▶ **Myth: The vaccines can lead to long-term effects or it could make you infertile.**
 - ▶ FALSE: a complication or side effect (like an allergic reaction, for example) it will occur within minutes to hours of receiving the vaccine.
 - ▶ There is absolutely no data from the clinical trials or any theoretical reason as to why the vaccines could cause infertility
- ▶ **Myth: You can get COVID-19 from the vaccines.**
 - ▶ FALSE: There's no live virus in the vaccines, so they can't infect you. Vaccines make our bodies produce one single protein from the virus—the protein that infects our cells. By making that protein, we prevent infection. You might have side effects like a headache or chills, but that's because your body is creating an immune response, not because you have an infection
- ▶ **Myth: I've already had COVID-19, so I don't need to get vaccinated.**
 - ▶ There is evidence that people can get COVID-19 more than once. There is evidence that the vaccine gives a better immune response than natural infection from the virus
- ▶ **Myth: The COVID-19 vaccines will alter your DNA.**
 - ▶ The Pfizer and Moderna vaccines use messenger RNA (mRNA) to protect us from COVID-19. The mRNA is the blueprint for the production of a small protein that helps the virus get into our cells. The cell produces the protein which the body recognises as being alien and so the body produces antibodies. The mRNA is broken down by this process and it never enters the nucleus so can't change your DNA.
- ▶ **Myth: Once I get vaccinated, I don't have to wear masks or practice social distancing.**
 - ▶ FALSE: You still need to take all the same precautions as even though these vaccines are up to 95% effective you could be one of the 5% for whom it didn't work. The vaccine is effective in reducing death and severe disease. It is not yet proven to reduce infection so you could still pass on the virus to someone who is not immune.
- ▶ **Myth: The vaccine is a plot by Bill Gates to somehow implant people with microchips for tracking and depopulation purposes**
 - ▶ FALSE: No... just no!

Other FAQs

- ▶ How and where is it given?
 - ▶ It is given as an injection into your upper arm. It is given as 2 doses, 3-12 weeks apart.
- ▶ Will the vaccine protect me?
 - ▶ The vaccine will reduce the chance of you suffering from COVID-19 – studies have shown the vaccines to be up to 95% effective at preventing death and serious illness from the virus.
- ▶ Will the vaccine protect the people I care for?
 - ▶ The vaccine protects against severe disease and death from COVID-19. It is not yet proven to reduce transmission so you need to continue to take all the usual precautions (masks, handwashing, social distancing) to protect those you care for.
- ▶ What are the expected side effects of the vaccine?
 - ▶ Very common side effects include:
 - ▶ having a painful, heavy feeling and tenderness in the arm where you had your injection. This tends to be worst around 1-2 days after the vaccine.
 - ▶ headache (common with AZ), feeling tired, general aches, or mild flu like symptoms (this is your body reacting to a foreign protein and making antibodies against it (more common with PB)

Even more FAQs

- ▶ What is the evidence to show the vaccine is safe for BAME communities?
 - ▶ The Public Assessment Reports contain all the scientific information about the trials and information on trial participants.
 - ▶ For the **Pfizer-Biontec** vaccine, participants included 9.6 percent black/African, 26.1 percent Hispanic/Latino and 3.4 percent Asian.
 - ▶ For the **Oxford/AstraZeneca** vaccine, 10.1 percent of trial recipients were Black and 3.5 percent Asian.
 - ▶ There is **no** evidence either of the vaccines will work differently in different ethnic groups.
- ▶ Does the delay in the second dose mean it will be less effective?
 - ▶ No actually the AZ vaccine shows a much better immune response if the second dose is done a little later; There is less evidence for the PB and M vaccines but in general vaccines given as a booster dose get a good immune response and there is no reason to think these ones would be any different.
- ▶ Does the vaccine contain any animal products?
 - ▶ There is **no material of animal or foetal origin** in **any of the** vaccines. All ingredients are published in healthcare information on the MHRA's website.