

This update is split into the following sections:

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## (1) LOCAL COVID NEWS

### (A) A message from the Director of Public Health for our City



Numbers of Covid cases in Brighton & Hove have been edging up for the past month or so. This week they leapt up by 160%.

We knew there was a risk this might happen - now that the city's opening up again and the Delta variant is among us. But I really didn't want to have to report such a big increase in such a short time.

Over half of those new cases were found in teenagers and young adults under the age of 25. This group hasn't had the chance to get vaccinated yet, but that's not the full story behind this jump. We know that a lot of transmission is occurring when people are socialising in close contact, often indoors, and then took the virus home with them.

Fortunately, many of the cases were discovered by symptom-free LFD tests in time to do something about it. That just shows how effective routine, symptom-free testing is at finding and stopping the virus. Early detection means the people with Covid and their contacts have been able to self-isolate to slow down the virus.

I want to thank everyone who has self-isolated and helped to keep Brighton & Hove safe. They really are protecting others in our community by breaking the chain of transmission.

The vaccination programme is making a real impact, that's true, but at the same time too many people are forgetting the Covid safety guidelines.

The Covid virus spreads in particles on our breath when we speak, cough and laugh - [this article explains how](#). When people are in close contact with each other there is a risk of catching the disease by breathing in those particles. That's why keeping up the 'hands, face, space, fresh air' guidelines when you're with other people is so important - both inside and outdoors.

We know what we need to do until all adults have had the chance to get both vaccine shots. Please make the Covid safety guidelines and regular symptom-free testing part of your everyday routine. And if you haven't taken up your vaccination invitation yet, please make it a priority.

Kind regards, **Alistair Hill, Director of Public Health**



## (B) One million people in Sussex receive Covid-19 vaccination



Official figures released at the end of May showed that one million people in Sussex have now received their Covid-19 vaccination. This incredible milestone was reached just 24 weeks into the vaccination programme. It means that 90% of our most vulnerable residents have had their first vaccination, and more than 70% of these have now had both.

You can read more about this amazing milestone [here](#)

## (C) New grant programme funded

Apply for new grant funding from the Council to support groups who have been disproportionately affected by COVID.

[Contain Outbreak Management Fund \(COMF\) funding for community and voluntary sector \(brighton-hove.gov.uk\)](https://www.brighton-hove.gov.uk)

Apply by 31 July.

### Who the grant funding is for?

The funding is targeted at:

- Black and Minority Ethnic (BME) community and voluntary groups
- Lesbian, Gay, Bisexual, Transgender, Queer and others (LGBTQ+) community and voluntary groups
- disability community and voluntary groups
- women's community and voluntary groups

Evidence suggests these groups felt a disproportionate impact from Covid, including:

- health inequalities
- financial and economic impact
- impact of home schooling,
- impact on future attainment
- barriers to accessing information and support including language barriers
- digital exclusion
- mental health

- violence towards women.

There is £300,000 of grant funding available.

### **Application criteria**

You can apply if you are a:

- local community group
- voluntary organisation
- not-for-profit social enterprise

Bids can be from one organisation or a partnership of organisations.

If you are submitting a partnership bid, you need to tell us the lead partner that we'll award a grant agreement to, if your bid is successful.

Groups with an annual income of:

- up to £20,000 can apply for up to £2,000
- up to £100,000 can apply for up to £10,000
- more than £100,000 can apply for up to £20,000

You must have spent all the funding by 31 March 2022.

[For more info click here](#)

## **(D) Support that is available to help you**

Whilst NHS services are currently extremely busy, and demand continues to rise due to higher rates of COVID-19 in our communities, you can still access urgent medical help by contacting NHS 111 online or by phone. Please only call 999 in the event of a medical emergency.

The Sussex Mental Healthline offers crisis care 24 hours a day, seven days a week on 0300 5000 101.

If you need support or advice during the pandemic the [Council](#) website has more information: [Brighton and Hove City Council Covid-19 pages](#)

A coronavirus help directory for Brighton & Hove is also available [here](#). Use this site to find support with food shopping, money, and work, COVID testing, and more. You can also use it to find help for friends, family, and neighbours.

For advice around attending school, college and universities please click [here](#). Answers to commonly asked questions are available [here](#).

## (E) Which COVID-19 test is right for you?



Not all COVID tests are the same so it is important to get the right one. Find out where to go to get tested, which test is most suitable for you, and what to do if you get a positive COVID-19 test result.

### Which test do I need if I have COVID-19 symptoms?

You will need a PCR (polymerase chain reaction) test if you have at least one of these three coronavirus (COVID-19) symptoms:

- a high temperature
- a new, continuous cough
- you've lost your sense of smell or taste, or it's changed.

Or...

- you've been in contact with someone who's tested positive
- you've been asked to get a test by a local council or contact tracers
- a GP or other health professional has asked you to get a test
- you've been asked to get a test to confirm a positive result
- you need to get a test for someone you live with who has symptoms.

If you come under any of the point above, book a visit to a test site to have the test today. Test sites are open 7 days a week.

Order a home test kit if you cannot get to a test site.

### [Get a free PCR test](#)

You should not use this service if you've received a positive PCR test result in the last 90 days unless you develop any new symptoms.

Remember, if you have symptoms, you and everyone you live with must immediately [self-isolate](#). Do not leave home until you get your test results, except to post a test kit or for a PCR test appointment.

### Have you ordered a home test kit?

Make sure you register it so that you receive your results.

### [Register your PCR testing kit](#)

### Having trouble ordering a test?

You can call 119 free of charge, anytime between 7am and 11pm seven days a week.

### Can I get tested even if I don't have symptoms of COVID-19?

Yes, if you do not have symptoms, you can:

- ask your employer or place of study if they provide tests
- [find your nearest rapid lateral flow test site](#)
- [find a pharmacy where you can collect rapid tests](#)

- [find a test site where you can collect rapid tests](#)
- [order rapid lateral flow home test kits online](#)

**Which test do I need if I don't have COVID-19 symptoms but want to test to see if I am asymptomatic i.e., have COVID-19 but am displaying no signs?**

If you do not have any symptoms of COVID-19, you can test yourself for the virus using rapid lateral flow tests.

**How can I order COVID-19 rapid lateral flow tests?**

You can order free packs of rapid lateral flow tests to be sent to your home. A pack of tests contains 7 tests. You can order one pack per household each day.

[Order your lateral flow test](#)

**Other ways to get a rapid lateral flow test:**

- [find a pharmacy where you can collect tests](#)  
[9 in 10 pharmacies now offering free, rapid coronavirus \(COVID-19\) tests](#)
- [find a local site to get tested at](#)
- [find a local site where you can collect tests](#)
- get tests from your employer (if you cannot work from home)

When collecting packs of tests, you can collect two packs at a time (14 tests in total).

**Do I need to record my rapid lateral flow test result?**

If you had a rapid lateral flow test, you should get your result in 30 minutes after taking the test.

After your test packs arrive, you should take a rapid lateral flow test twice a week (every three or four days).

**You must report a positive result to the NHS.**

[report your result online](#)

report your results by telephone - 119

**I've tested positive through my rapid lateral flow test - what do I do next?**

If you or anyone in your household tests positive, everyone in the household must:

- [self-isolate](#) immediately
- [get a PCR test](#) to confirm the result (a PCR test is a different type of coronavirus test)

**What is surge testing and how do I take part?**

This is not currently taking place in Brighton and Hove.

Surge testing is increased testing (including door-to-door testing in some areas) and enhanced contact tracing in specific locations in England.

It involves testing of people who do not have any symptoms of coronavirus.

To see if your area is taking part in surge testing, click the link below.

[Find out if surge testing is happening near me](#)

## Instructions in alternative formats

See [instructions on testing for coronavirus at home in accessible formats](#).

Royal National Institute of Blind People (RNIB) can send you braille, audio, or large print instructions. After ordering a home test you can either:

[send a request online](#)

Call 0303 123 9999 (Monday to Friday 8am to 8pm, Saturday 9am to 1pm)

### Order by phone

If you cannot order online, call 119. Lines are open 7am to 11pm and calls are free.

### Still not sure?

[Go to NHS website](#) or phone 119 to find out which test is most suitable for you.

## (F) How and where to get a COVID test

Full advice from the Council is available [here](#). A test for suspected COVID-19 is free and NHS treatment for COVID-19 is free for all, including overseas visitors who are not usually entitled to free treatment from the NHS.

Click here to [get a coronavirus test](#). If you do not have access to the internet, you can call 119 to book or order a test.



Symptom-free community testing is available in test centres and participating pharmacies across Sussex. Anyone aged 18 and over who can't work from home is encouraged to book in for a symptom-free Covid-19 test. Local testing offers free, rapid lateral flow tests to anyone who isn't showing signs of Covid-19, who can't work from home and who can't access testing through other means. Further details, including how to book, are available on the Brighton & Hove City Council website at [www.brighton-hove.gov.uk/communitytesting](http://www.brighton-hove.gov.uk/communitytesting), or call 01243 642130.

You can order FREE coronavirus (COVID-19) rapid lateral flow tests [here](#). These are tests you perform yourself at home. A pack of tests contains 7 tests. You can order one pack per household each day.

These websites contain all the information you need about testing:

- [Brighton and Hove City Council](#) (including links to translated materials)
- [Coronavirus in children](#)
- This link to the [government website](#) explains all you need to know about testing
- More information explaining how Test and Trace works can be found [here](#). [The council has updated their advice about obtaining a test for COVID-19](#)

- [Testing for coronavirus at home](#) How to use your coronavirus home test kit
- [COVID-19 self-test help](#) Find out how to test yourself for coronavirus (COVID-19) if you are asked to and learn what help is available. This contains a link to the self-test instructions for use and translated versions of it.
- [How tests and testing kits for coronavirus \(COVID-19\) work](#)
- [NHS Test and Trace: how we test your samples](#)
- [Testing for coronavirus before hospital.](#)

#### Antibody testing is available for certain groups only.

You can get [a free at-home antibody test if all of these apply](#) you live in England , you are 18 or over and you work in paid adult social care.

## (2) LOCAL COVID DATA

### (A) Local data on COVID and statistics published by the Council

#### Key statistics for Brighton & Hove

You can find key local data showing confirmed cases of COVID-19 and deaths related to COVID-19 on the [Brighton and Hove Council website](#). We have reproduced some of the data displayed on the website. The data is accurate as at the time of publication, but updates occur daily. The Council also provides links to other available data related to COVID which can be accessed [here](#).

#### HEADLINES

**As of 16<sup>th</sup> June, the total number of confirmed cases of COVID-19 (recorded since February 2020) in Brighton and Hove stood at 15,212. In the 7 days up to 12<sup>th</sup> June we had 235 confirmed new COVID-19 cases in Brighton & Hove.**

The published data provides us with an average rate of new cases of COVID-19 per 100,000 people over two time periods:

- a) the last 7-days
- b) the average since March 2020

The two averages are therefore different. For information, the population of Brighton and Hove is estimated by the ONS to be 290,885 (data by the Office for National Statistics).

#### (a) In the last 7 days

In the seven days up to 12<sup>th</sup> June we had 235 confirmed new COVID-19 cases in our city.

- The number of cases has been increasing in recent weeks. In our last bulletin dated 14<sup>th</sup> May we reported just 47 cases.



- The current rate is equivalent to a weekly rate of new cases of 80.8 per 100,000 residents (calculated as follows:  $235 / 290,885 \times 100,000 = 80.8$ ).
- The rate for Brighton and Hove has increased from 16.2 as published in our last Healthwatch bulletin issued on 14<sup>th</sup> May.
- For comparison, the current weekly rate for Brighton and Hove is still lower than it was as its peak on 4<sup>th</sup> January 2021 when it stood at [334.7](#).
- The current weekly rate for Brighton and Hove is higher than the rate for the South East which is 43.6 per 100,000 and higher than the rate for England which is 75.2 per 100,000. This data is published on the [Gov.uk website](#))

**(b) Average rate since February 2020**

As of 16<sup>th</sup> June, the total number of confirmed cases across the city stood at 15,212.

- This is equivalent to a rate of 5,229.6 per 100,000 residents (calculated as follows  $15,212 / 290,885 \times 100,000 = 5,229.6$ )
- This is lower than the rate for England, which is 7,129.9 per 100,000 and the South East which was 6,044.9 per 100,000. This data is published on the [government website](#).

**(c) People tested, and positivity rates.**

The number of individuals in Brighton and Hove who have had [polymerase chain reaction \(PCR\) test](#) in the 7 days up to 12<sup>th</sup> June stood at 8,020. The percentage of individuals who tested positive in the same time period was 2.5% which has increased.

**(d) Death rates**

The total [number of deaths](#) recorded up to 4<sup>th</sup> June (registered as of 12<sup>th</sup> June) with mention of COVID-19 on the death certificate stood at 472. In the last 7 days up to 4<sup>th</sup> June, there were no deaths recorded.

**(e) Number of patients in hospital**

On 17<sup>th</sup> June there were less than 5 [inpatients](#) with confirmed COVID-19 across the Royal Sussex County and Royal Alexandra Children’s Hospital sites. No patients were receiving intensive care. These figures relate to all patients and not just those from Brighton and Hove.

**[Government data showing the confirmed COVID-19 cases in Brighton and Hove:](#)**

Date	Number of confirmed cases	Total number of confirmed cases
16.6.21	12	15,212
15.6.21	46	15,200
14.6.21	57	15,154
13.6.21	31	15,097
12.6.21	33	15,066
11.6.21	51	15,033
10.6.21	53	14,982
9.6.21	34	14,929
8.6.21	28	14,895
7.6.21	20	14,867

For the latest data and graphs please refer to the [Brighton and Hove Council website](#).



## (C) NATIONAL COVID NEWS

### (A) The MHRA concludes Pfizer/BioNTech vaccine safe for use in 12- to 15-year-olds

An extension to the current UK approval of the Pfizer/BioNTech COVID-19 vaccine that allows its [use in 12- to 15-year-olds](#) has been authorised by the Medicines and Healthcare products Regulatory Agency (MHRA).

This follows a rigorous review of the safety, quality and effectiveness of the vaccine in this age group by the MHRA and the Government's independent advisory body, the [Commission on Human Medicines](#) (CHM).

#### Background

- The Pfizer/BioNTech COVID-19 vaccine is [already approved for use in adults and adolescents aged 16 years and above](#).
- No new side effects were identified and the safety data in children was comparable with that seen in young adults. As in young adults, the majority of adverse events were mild to moderate and relating to reactogenicity, such as a sore arm or tiredness.
- More information can be found in the [Product Information for the Pfizer/BioNTech vaccine](#).
- [The Medicines and Healthcare products Regulatory Agency](#) is responsible for regulating all medicines and medical devices in the UK. All work is underpinned by robust and fact-based judgements to ensure that the benefits justify any risks.
- The Medicines and Healthcare products Regulatory Agency ('the agency') has three centres. The MHRA, the [National Institute for Biological Standards and Control \(NIBSC\)](#) and the [Clinical Practice Research Datalink \(CPRD\)](#). The agency is an executive agency of the Department of Health and Social Care.
- [The Commission on Human Medicines \(CHM\)](#) advises ministers and the MHRA on the safety, efficacy and quality of medicinal products. The CHM is an advisory non-departmental public body, sponsored by the [Department of Health and Social Care](#).

### (B) Vaccines highly effective against hospitalisation from Delta variant

[New analysis](#) by PHE shows for the first time that 2 doses of COVID-19 vaccines are highly effective against hospitalisation from the Delta (B.1.617.2) variant.

The [analysis](#) suggests:

- the Pfizer-BioNTech vaccine is 96% effective against hospitalisation after 2 doses
- the Oxford-AstraZeneca vaccine is 92% effective against hospitalisation after 2 doses

These are comparable with vaccine effectiveness against hospitalisation from the Alpha variant.

Further work remains underway to establish the level of protection against mortality from the Delta variant. However, as with other variants, this is expected to be high.

### **(C) Over 40 million people receive first dose of COVID-19 vaccine in UK**

The UK has passed another vaccination milestone with almost 42 million Britons receiving their first jab, according to the latest figures. Latest figures show that 41,831,056 people across the UK have now been vaccinated with a first dose (79.4%), while 30,209,707 people have had both doses (57.4%).

- [Over 70 million doses of COVID-19 vaccine administered in UK](#)
- [More than 30 million people vaccinated with second dose](#)

### **(D) Everyone working in care homes to be fully vaccinated under new law to protect residents**

Care home residents will be better protected from death and serious illness, following confirmation people working in care homes will need to be fully vaccinated against COVID-19.

The new legislation means from October - subject to Parliamentary approval and a subsequent 16-week grace period - anyone working in a CQC-registered care home in England for residents requiring nursing or personal care must have 2 doses of a COVID-19 vaccine unless they have a medical exemption.

It will apply to all workers employed directly by the care home or care home provider (on a full-time or part-time basis), those employed by an agency and deployed by the care home, and volunteers deployed in the care home.

Those coming into care homes to do other work, for example healthcare workers, tradespeople, hairdressers and beauticians, and CQC inspectors will also have to follow the new regulations, unless they have a medical exemption.

Based on the evidence, the government will launch a further public consultation in due course on whether or not to make COVID-19 and flu vaccination a condition of deployment in health and care settings. This is a complex issue and the government is looking for a wide range of perspectives from across the health and care sector about whether this should be introduced and how it could be implemented.

[People working in CQC-registered care homes will need to be fully COVID-19 vaccinated with both doses.](#)

## (E) Coronavirus restrictions remain in place. Find out what you can and cannot do.

The Government has advised that planned easements at Step 4 of the Roadmap will not go ahead from 21<sup>st</sup> June as infection rates and hospital admissions from the Delta variant continue to increase. However, some changes will take effect from 21 June.

### What you can and cannot do

#### Meeting friends and family

- People can meet outdoors in groups of up to 30.
- People can meet indoors in groups of six, or with one other household.
- Domestic overnight stays allowed in groups of up to six people or two households.
- Social distancing with family and friends is now a matter of personal judgement - although caution is advised.
- No restrictions on travel in England.
- However, because of concerns over the Indian variant, people are being asked to minimise travel to and from these local authority areas - Bedford, Blackburn with Darwen, Bolton, Burnley, Kirklees, Leicester, London Borough of Hounslow and North Tyneside.
- No restrictions on travel to or from Wales, Northern Ireland or Scotland.
- Ban on foreign travel has been lifted - people can travel to green list countries without quarantining on return.
- THE FOLLOWING RULES WILL APPLY NO EARLIER THAN 19 JULY:
- The government hopes to remove all legal limits on social contact.

#### Going to work

- You should continue working from home if possible.
- If your job involves working in other people's homes - for instance, as a cleaner, a tradesman or a childminder - you can continue to do so.

#### Care homes

- Care home residents can stay overnight as visiting restrictions ease
- Residents will be able to spend time away from their care home with family and friends
- Every resident can nominate an 'essential care giver' to provide additional support during visits
- People admitted to a care home from the community will no longer have to self-isolate for 14 days on arrival.
- [Read more](#)

#### Schools and nurseries

- Face coverings for pupils are no longer necessary in classrooms or in communal areas in secondary schools and colleges.
- Twice weekly home testing will remain to control infection rates.
- All remaining university students are eligible to return to in-person teaching and learning, and should get tested twice a week upon return.

#### Leisure time

- Pubs, cafes and restaurants can open indoors, and serve food and/or alcohol to seated customers
- Indoor entertainment, such as museums, cinemas and children's play areas, can reopen.

- Accommodation such as hotels, hostels and B&Bs, can reopen.
- Indoor and outdoor leisure facilities, including gyms, swimming pools, saunas and steam rooms, are open.
- Theatres, concert halls, conference centres and sports stadiums can reopen, in line with capacity limits
- Indoor events with up to 1,000 people or 50% of a venue's capacity, whichever is lower, will be permitted.
- Outdoor events with a capacity of either 50% or 4,000 people, whichever is lower, will be permitted.
- Outdoor playgrounds are open.
- Libraries and community centres can open.
- THE FOLLOWING RULES WILL APPLY NO EARLIER THAN 19 JULY:
- The government hopes to reopen nightclubs and enable large events, including theatre performances.

#### Shopping

- All shops and retail outlets are now open.
- Personal care premises, such as hairdressers, salons and close-contact services, can open.
- People who offer these services in the home, such as mobile hairdressers or massage therapists, can also operate.

#### Other

- Places of worship remain open for communal services.
- Weddings, receptions, and other life events (such as bar mitzvahs or christenings) can take place with up to 30 guests.
- No cap on the number of people at a funeral - numbers will be determined by the size of the venue.
- Care home residents are allowed five regular visits, and more freedom to make low risk visits outside their home.
- Travel allowed anywhere in England, Wales and Scotland.
- Ban on foreign travel has been lifted - people can travel to green list countries without quarantining on return.
- FROM 21 JUNE:
- The number of guests at a wedding will no longer be limited to 30, although venues and hosts will have to do a risk assessment to ensure social distancing can take place
- Care home residents will not necessarily have to self-isolate after leaving their care homes, and they will be able to nominate an "essential care-giver" who can visit, even if they are self-isolating.
- Children can go on overnight trips in groups of 30 with, for example, the Scouts or Guides

## **(F) Government announcements**

The current situation means that new guidance is being issued daily. Below we have provided links to some announcements which may be of interest.

[Slides, datasets and transcripts to accompany coronavirus press conferences, 14 June](#)

[\(COVID-19\) Coronavirus restrictions: what you can and cannot do](#)

[Vaccines highly effective against hospitalisation from Delta variant](#)

[Care home residents can stay overnight as visiting restrictions ease](#)

[Visiting arrangements in care homes](#)

[Arrangements for visiting out of the care home](#)

[Everyone working in care homes to be fully vaccinated under new law to protect residents](#)

[UK to donate 100 million coronavirus vaccine doses](#)

[Demonstrating your COVID-19 vaccination status when travelling abroad](#)

[COVID-19 vaccination status: if you cannot get a confirmation letter \(easy read\)](#)

[COVID-19 vaccination status: if you cannot get a confirmation letter](#)

## **NATIONAL COVID DATA**

### **(A) Death rates**

Deaths are counted where a lab-confirmed positive coronavirus test result is reported in any setting.

#### **Deaths within 28 days of positive test by area**

Across the whole of the UK, as of 17<sup>th</sup> June 2021, the total number of deaths of people who had had a positive test result for COVID-19 and died within 28 days of the first positive test stood at 127,945.

In the South East, the total number of deaths stood at 20,834 cases.

Data on death rates are published on the [daily dashboard](#).

### **(A) Infection rates**

The data reveals that as of 17<sup>th</sup> June 2021:

- Across the whole of the UK, the total number of lab-confirmed UK cases of COVID-19 since February 2020, stood at 4,600,623. This is the total number of people who have had at least one positive test result.
- In the South East, the total number of lab-confirmed UK cases of COVID-19 stood 554,926. There were 4,003 new cases in the last 7-days.

For up-to-date numbers of coronavirus (COVID-19) cases and risk in the UK, click [here](#).

## Healthwatch Brighton and Hove information and advice

The following Healthwatch COVID-19 guides are available (these are being regularly updated):

- [COVID-19 information and advice webpage](#)
- [COVID-19 Vaccination webpage](#)
- [COVID-19 Vaccine Fact Check webpage](#)
- [Answers to Frequently Asked Questions](#)
- [Maternity and pregnancy advice and information](#)
- Top tips for [staying active and looking after your mental health](#).
- Guides which provide information about:
  - visiting a [dentist](#)
  - [seeing a GP](#)
  - [collection of prescriptions](#)

Plus, accessibility resources to help you communicate about COVID-19.

- **NEW:** [Beyond Words is providing free picture stories and illustrated guides to support people with learning disabilities and autism through the coronavirus pandemic](#)
- A series of videos aimed at encouraging people to continue to use health services if they are unwell. They are available in [English](#), [Arabic](#), [Farsi](#), [Kurdish](#) and [Sylheti](#).
- [Resources from Learning Disability England](#)
- [Sign health has made their Interpreter Now remote BSL interpretation service available for free across all healthcare services](#)
- [Signhealth is providing a video of summaries of key coronavirus guidance in BSL](#)
- [Signhealth advice for testing](#)
- [Public Health England stay at home guidance](#), translated and in Easyread.
- [NHS guidelines translated into up to 50 languages by Doctors of the World](#) and find video advice [here](#)
- [Easy read information on COVID-19](#) from Mencap
- [About the NHS Test and Trace scheme](#)
- [What to do if you are contacted by NHS Test and Trace](#)
- The NHS have also created [easy read posters like this](#) so people know when and how to get a test for coronavirus.
- [Public Health England resources](#) in accessible formats
- [COVID-19 guidance for providers of services for people experiencing rough sleeping](#)
- The [handwashing rap](#), produced to help people who have a learning disability



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