



Covid-19 update | Scams| Booster jab| Bowel cancer awareness month| Care home guidance| Social media competition




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**Nottinghamshire
County Council**

Covid-19 update

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Stay scam aware!

With the recent changes to testing rules fraudsters are impersonating the NHS by sending out text messages telling people to order a Covid-19 test. The message includes a link to a fake website, and asks for a delivery fee. The scam is used to steal personal details, like banking information, to be able to take money from your account.

If you are not sure about a link don't click on it and report it to the National Cyber Security Centre.

The NHS does sometimes include links in it's vaccine text messages, but won't ever ask you to buy a test or hand over any financial details.

How to report suspicious activity:

- Email - forward phishing emails to report@phishing.gov.uk
- Text - report scam texts to 7726 for free
- Websites - report to the National Cyber Security Centre
- Phone call - report the number to Action Fraud.

Further scam advice

Covid-19 Spring Booster vaccine

If you are aged 75 and over and it has been six months since your last booster vaccine, boost your protection against serious illness from Covid-19 by getting your spring booster.

You can get an appointment at a local pharmacy or GP surgery if they participate in the programme or at a local clinic.



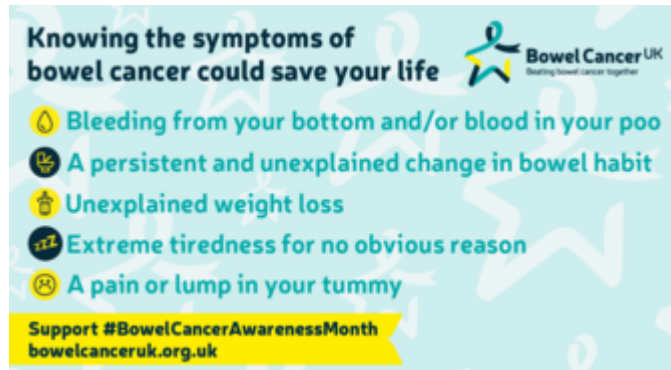
Visit NHS website

Bowel cancer awareness month

Nearly everyone can survive bowel cancer if diagnosed early. However this drops significantly as the disease develops. Knowing the symptoms and getting checked early really does save lives.

Symptoms can include:

- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy.



If you have any of these symptoms don't be embarrassed and don't ignore them - contact your doctor.

When to see a GP

Guidance for care homes

All visitors to care homes should wear a face mask.

You should not enter a care home if you are feeling unwell, even with a negative Covid-19 test, and you've been fully vaccinated.

If you have any symptoms that suggest other transmissible viruses and infections, like a cough, high temperature, diarrhoea or vomiting, you should avoid visiting the care home until at least five days after you feel better. Other viruses such as flu and norovirus can be just as dangerous to residents in care homes.

Let's keep our loved ones safe.



Care home guidance

Are you aged 16-25? Do you enjoy being creative?

Enter our competition to design a piece of promotional activity to raise awareness among young people about Covid-19 vaccination for young people.

You could design:

- A banner or graphic for use on the web
- A poster for display online, or in schools, colleges
- A short video that could be used on social media e.g. TikTok or Instagram.



Prizes include £50 shopping vouchers for sports and leisure retailers, gym passes, and cinema tickets.

The closing date is Tuesday 17 May. If you know anyone interested in entering our competition, spread the word!

Competition details

Mandatory housing measures for poultry and captive birds set to be lifted

From **00:01 on Monday 2 May 2022**, poultry and other captive birds will no longer need to be housed, unless they are in a Protection Zone, and will be allowed to be kept outside.

There has been over 100 cases confirmed cases of bird flu across the country since late October.

Scrupulous biosecurity is the most effective method of disease control available, and all bird keepers should apply enhanced measures at all times to prevent the risk of future outbreaks.



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