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## Urgent national appeal for all adults to book their booster jab

If you're aged 18 or over, you can now book a booster appointment as long as it has been three months since your second dose.

Please book your appointment [online](#) or call 119 to book your booster dose.

There are more than 55 sites across Nottinghamshire offering the booster dose. If you can't find a slot at a suitable clinic, or you end up in a booking queue due to busy lines, keep checking back as appointments get updated regularly. Also, please consider using the vaccination sites at Mansfield Wickes and King's Mill Hospital if you can travel, where there are often free appointments.

### [Get boosted now](#)

Jonathan Gribbin, Director of Public Health for Nottinghamshire is urging everyone to go out and get boosted. Watch his [video message here](#).

There is an evergreen offer for anyone who would like their first or second Covid-19 vaccine. Please don't hesitate to [book your appointment online](#) or call 119. It's never too late to get protected.

## New testing rules for contacts of Covid-19 cases

The Government [announced](#) new rules for those who are identified as contacts of someone with Covid-19. Fully vaccinated contacts of someone with Covid-19 should take rapid lateral flow tests every day for 7 days.

The lateral flow test should be taken before you leave home for the first time that day.

If you test positive or develop symptoms, you need to self-isolate for 10 days.

[Get a test](#)



## Source of information for young people about Covid-19 vaccination

The website [www.everythingcovid.info](http://www.everythingcovid.info) is aimed at young people and contains factually accurate information on vaccination and links to book a vaccination appointment.

Please share this website with your children, relatives and family friends!



There are also NHS resources for children and young people available on [GOV.UK](http://GOV.UK).

You can also download the latest Covid-19 vaccination guide for young people below.

[Download guide](#)

## Heading out for the evening?

Going out out? Make sure you've got your NHS Covid-19 pass.

The NHS Covid Pass lets you share your Covid-19 vaccination status and test results in a secure way for entry to [domestic venues](#) or events, like nightclubs.

You can get your pass digitally through the NHS app or the online NHS Covid Pass service.



[Get NHS Covid Pass](#)

## Watch out for scams

With so much information out there about Covid-19 and the new variant Omicron, it's all the more important to make sure that you're only getting information from trusted and official sources.

Unfortunately scammers are trying to impersonate organisations such as the NHS to get people to "apply now for Omicron PCR test to avoid restrictions."

Please be aware that these communications are FAKE and that they are likely an attempt to gain access to your personal information, including bank details.



[Find out more](#)

## Where to get mental health support

It really is ok not to be ok. However you're feeling, just know that you're not alone. There are many free support services available. Please don't hesitate to get in touch:

[Samaritans](#) - Call free on 116 123

[Shout](#) - Text SHOUT to 85258



[Nottinghamshire Mental Health Crisis Line](#) - Call 0808 196 3779

[Every Mind Matters](#)

[Nott Alone](#)

We understand these are challenging times with recent news about the Omicron variant. Please look after yourself and don't hesitate to seek support.

### More support

## Protect others by wearing your face covering

By wearing a face covering, you can help to reduce the spread of coronavirus droplets, which can protect others around you.

They are now required by law (unless you're exempt) in most indoor public places and on public transport.

This includes taxis, shops and supermarkets, post offices, banks, pharmacies, libraries and more. You can see a complete list of locations where face coverings are legally required on [GOV.UK](#).

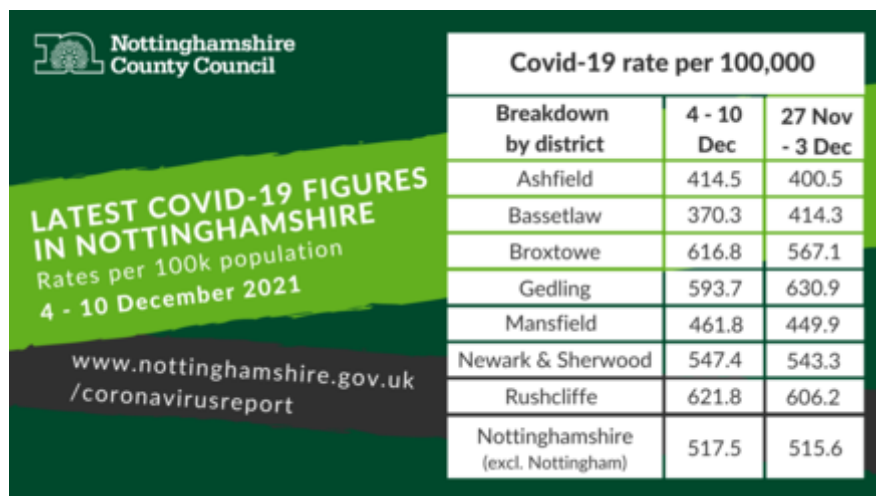


### When to wear a face covering

## Local Covid-19 rates

The latest Coronavirus data shows that from 4 to 10 December there were 517.5 cases of Coronavirus per 100,000 across Nottinghamshire.

[Visit dashboard](#)





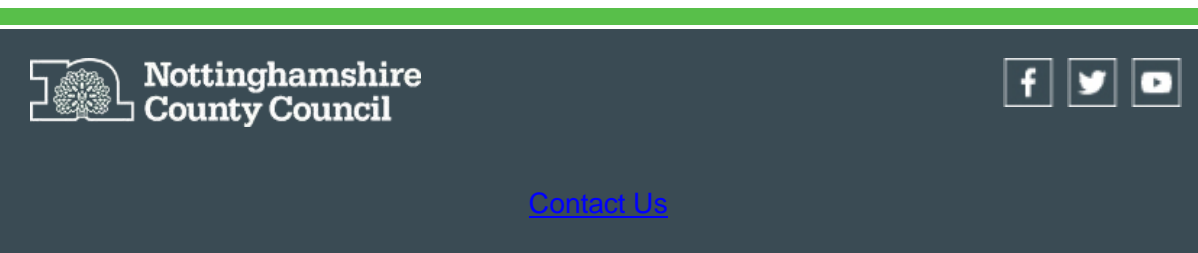
HM Government


NHS

**GET BOOSTED NOW**

**GET YOUR COVID-19 BOOSTER VACCINE**  
**NHS.UK/COVIDVACCINATION**

The banner features a woman's face on the left, set against a background of diagonal red and yellow stripes. The text is prominently displayed in white and yellow.



 Nottinghamshire  
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The footer is a dark grey bar containing the council's logo and name, social media icons for Facebook, Twitter, and YouTube, and a 'Contact Us' link.