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**CAN I GRAB A JAB TODAY?
IF YOU NEED A BOOSTER**

If you are eligible for a Covid-19 booster, you can pre-book your vaccine 5 months (152 days) after your second dose.

Book on the NHS website, or walk in to one of our vaccination centres or call 119.

VISIT [NHS.UK/COVIDVACCINE](https://www.nhs.uk/covidvaccine) FOR MORE INFORMATION

Maximise your protection against severe cases of Covid-19 this winter

The booster programme is underway in Nottinghamshire and the NHS is urging the public to make sure they are protected against Covid-19 ahead of winter. The virus has not gone away and local hospitals are still seeing hospital admissions of people with Covid-19. Booster jabs are being offered to people aged 50 and over, over 16's with a health condition that puts them at high risk of getting seriously ill from Covid-19 and health and social care workers.

You can get your booster dose if it's been at least six months (182 days) since your second dose of the vaccine, and you can pre-book your appointment [online](#) five months (152 days) after your second dose. Find out [where to get your booster vaccination](#) in Nottinghamshire.

Booster vaccine

In addition to the Covid-19 vaccine, it is more important than ever to get vaccinated against the flu this autumn if you're eligible. Find out more on the [NHS website](#).

Are you planning to visit your loved ones in a care home, hospital or care setting? If so, please remember that health care settings still have extra measures to protect their patients and residents - and this means that visitors are being asked to help keep them safe.

We encourage friends and family to wear a face covering when visiting loved ones and follow any additional measures you're asked to observe.



With the pressures of winter, it's also really important to ensure you are well when you visit people in these health care settings. If you feel unwell, even if your symptoms are mild, please do not visit. This will help staff to keep people in hospital or care home residents safe and well this winter.

NHS Covid-19 vaccine texts - spotting a scam

If you receive a text from 'NHSvaccine' inviting you to book and you're unsure if it is genuine, you can wait to receive your letter. Texts from 'NHSvaccine' are separate from any invites you may get from local NHS services such as a GP surgery or hospital. Find out more about [how you will be contacted](#) by the NHS.



The Covid-19 vaccine is free of charge on the NHS. When spotting a scam, there are a few things to remember. The NHS will never ask for:

- your bank account or card details
- your pin or banking password
- copies of personal documents to prove your identity such as your passport, driving licence, bills or payslips.

While scams aren't always easy to spot, we've put together some [top tips](#) on protecting yourself and your loved ones from scams.

If you think you have been a victim of fraud or identify theft, report it to Action Fraud on 0300 123 2040.

Texts from the NHS

Former alcoholic urges people to get support

During Alcohol Awareness Week (15-21 November), a former alcoholic is urging others with a drinking problem to seek help at the earliest opportunity. Pete Connelly, from Hucknall, received support from [CGL](#) and has not touched a drop of alcohol for four years. [CGL](#) is commissioned by the County Council to provide free alcohol and substance misuse support services.

Public Health England figures show there was a 58.6% increase of people reporting that they are drinking at increasing and higher-risk levels when comparing March 2020 and March 2021 (50 units a week for men, 35 units a week for women).



[Read Pete's story](#)

Keep safe while celebrating Gurpurab

Keep yourself and others safe while celebrating Gurpurab. If someone who has Covid-19 coughs, talks or even just breathes the droplets they release can be breathed in by another person.

When you meet others indoors, open windows to let fresh air in this will help disperse Covid-19 particles.



[More advice](#)

Community Testing roles available - apply now!

Are you customer focused, flexible with a can-do attitude, with good attention to detail?

The city and county councils are looking for people to support their Covid-19 Community Testing Programme. There are a number of roles we need to fill to ensure that people across the city and county have access to community testing facilities.



You don't necessarily need previous Covid-19 testing experience as training will be provided. You'll need to have a driving licence to get to different locations across the city and/ or county.

[Interested? Find out more](#)

Testing for Covid-19 - What's the difference?

If you have coronavirus or flu-like symptoms make sure you self-isolate and take a [PCR test](#).

[Lateral flow](#) tests are for when you don't have symptoms. Twice weekly lateral flow testing helps to stop the spread of coronavirus and keep you and your loved ones safe.

COVID-19 tests - what's the difference?		
	Rapid lateral flow tests	PCR tests
When do I take them?	• Twice a week - if you have no symptoms	• After an NHS Test and Trace alert • After a positive rapid test • Or if you have symptoms
Do I send them away for processing?	No	Yes
When do I get the results?	Up to 30 minutes	24 - 72 hours
Where do I get one?	• Online • Test sites • Call 119 • Participating pharmacies	• Online • Test sites • Call 119

[Get a test](#)

[New community funding](#)

Our new Local Communities Fund (LCF) is now open for applications.

Community groups and charities can apply for funding as part of the latest drive to encourage healthy and thriving communities as the county continues its recovery from the Covid-19 pandemic.

[Eligible groups can apply now](#)



[Local Covid-19 rates](#)

The local Covid-19 dashboard shows that between 5 and 11 November Nottinghamshire had 354.1 cases per 100,000 of the population.

[Dashboard](#)



Nottinghamshire County Council

LET'S KEEP LIFE MOVING SAFELY >

Take Care. Remain Cautious.
Thank you Nottinghamshire

VACCINE TESTING HANDS FACE FRESH AIR APP