

28th September 2020

Dear resident

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Self-isolate at the first sign of symptoms, or risk a fine

Self-isolation is an important factor in reducing the spread of coronavirus and saving lives.

If you develop symptoms of COVID-19 (temperature, new continuous cough, or change in taste/smell) you should isolate at home immediately and get a test. <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

New rules that came in today (28 September) mean that you could face fines of up to £10,000 if you do not self-isolate at home after receiving a positive coronavirus test result or being contacted by Test and Trace. Fines start at £1,000 and can increase up to £10,000 for repeat offenders.

There are support payments available for people on lower incomes who need to self-isolate due to coronavirus. <https://newforest.gov.uk/article/1012/Welfare-benefits-and-debt-advice#h20>

Flu vaccine

All eligible people are being urged to get their flu vaccine as part of Public Health England's largest ever flu vaccination programme.

This winter with COVID-19 still in circulation, improving the uptake of the vaccine is more critical than ever to help protect the nation from a double threat and ease pressure on the NHS and urgent care services.

<https://www.gov.uk/government/news/record-numbers-offered-flu-vaccine-as-those-with-flu-and-covid-19-more-likely-to-die>

For the first time, Year 7 children and all primary school children will be offered the flu 'nasal spray' in schools. Two-and three-year-olds will also be offered the vaccine through their GP.

The most vulnerable people including adults aged 65 and over, those with long-term health conditions and pregnant women will be offered the vaccine first through their GP or pharmacy. It will also be offered to all health and social care workers who have direct contact with the people they care for, and households of people on the NHS Shielded Patient List <https://digital.nhs.uk/coronavirus/shielded-patient-list>

Protect your loved ones – get the NHS COVID-19 app

Millions of people in England and Wales have already downloaded the NHS COVID-19 app, released last week.

The more people that get the app, the more effective it will be in controlling the pandemic.

The app is helping to control coronavirus transmission and is available to download on smartphones for people aged 16 or over.

The app has features that include contact tracing using Bluetooth, risk alerts based on postcode district, QR check-in at venues, a symptom checker, and coronavirus test booking.

Further information on what the app does is available at:

<https://www.covid19.nhs.uk/what-the-app-does.html>

(Some older phones without the necessary Bluetooth capability will not run the app. Venues where you are required to check in will have a paper register or some other way to take your contact details.)

Businesses – for customers that do not have the NHS COVID-19 app:

- Some businesses are required by law to display the QR posters for customers to check in using the NHS COVID-19 app, and others are encouraged to do so to help the NHS Test and Trace process.
- Customers are not required by law to use the app to check in, but in some settings can be refused entry if they do not supply contact details in some way. So even if you are displaying an NHS Test and Trace QR poster, businesses should still have a paper register for people who do not have the NHS COVID-19 app.

Read about creating a QR code poster for your business here: <https://www.gov.uk/create-coronavirus-qr-poster>

Read about and download the NHS COVID-19 app here: <https://www.nhs.uk/apps-library/nhs-covid-19/>

Job Support Scheme from 1 November

There is a new Job Support Scheme to replace the Furlough Scheme which ends on 31 October.

It is for people who are working at least a third of their normal working hours.

The employer will continue to pay its employee for time worked, but the cost of hours not worked will be split between the employer, the Government (through wage support) and the employee (through a wage reduction), and the employee will keep their job.

Read what the scheme is, who is eligible, and how to claim at <https://www.gov.uk/government/publications/job-support-scheme>

Green Homes grant

Homeowners and landlords in England can apply for a voucher towards the cost of installing energy efficient and low-carbon heating improvements to homes.

The government will provide a voucher worth up to £5,000 (or £10,000 if you are on a low income) to help cover the cost of making energy efficient improvements to your home.

Improvements could include insulating your home to reduce your energy use or installing low-carbon heating to lower the amount of carbon dioxide your home produces.

You must redeem the voucher and ensure improvements are completed by 31 March 2021.

Read more: <https://www.gov.uk/guidance/apply-for-the-green-homes-grant-scheme>

Don't feed the pigs in the New Forest

It's pannage season in the New Forest where pigs are released into the Forest to forage for acorns and nuts that are poisonous to the ponies and cattle that live here.

It's really important if you are visiting the New Forest to not feed the pigs or drop food. It's illegal to feed them food scraps as this is how diseases like African swine fever (ASF) can be spread.

The ASF virus survives very well in pork meat, including ham sandwiches, sausage rolls, salami and pate. It's harmless to humans but deadly to pigs. ASF is spreading in parts of Europe, Asia and Africa.

Read more about African Swine Flu here: <https://www.gov.uk/guidance/african-swine-fever>

Appletree Careline – the community alarm from NFDC

A community alarm is a two-way voice system linked to our emergency response centre. It allows you to live independently, offering you peace of mind knowing that help is at hand, 24/7 at the touch of a button.

Our Appletree Careline community alarm, most usually worn as a lanyard around the neck, already helps over 2,000 New Forest residents.

If you are, or you know of, a vulnerable person who would benefit from this service, please see information on our website for pricing and full details.

<http://www.newforest.gov.uk/appletreecareline>

Missed an email? Read previous residents emails
at: <https://newforest.gov.uk/article/1610/Residents-email-archive>

Latest information from

NFDC: <https://www.newforest.gov.uk/coronavirus>

Information on coronavirus from Hampshire County

Council: <https://www.hants.gov.uk/coronavirus>

Latest information from central

government: <https://www.gov.uk/coronavirus>

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