



Leicester, Leicestershire and Rutland stakeholder bulletin #27



Issued on behalf of the NHS in LLR

Date of issue: 11th September 2020

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Through these bulletins we will keep you updated on the latest news in the NHS in Leicester, Leicestershire and Rutland.

If you have any questions or would like to ask about a topic please email us at:

PressOfficeLLRCCGs@leicestershire.nhs.uk

Help to protect yourself from infection and prevent the spread of flu this winter

Eligible patients will begin receiving invitations from next week to get their annual flu vaccine. GP practices across Leicester, Leicestershire and Rutland are beginning to contact people who meet the eligibility criteria to invite them to be vaccinated.

The groups being offered the free adult flu vaccine are:

- Pregnant women
- Those aged 65 or over
- Those aged under 65 with long-term conditions
- Carers
- Shielded patients and those in the same household aged 18 or over

Once the above priority groups have been immunised, pending availability of the vaccine, 50 - 64 year olds not within the above groups will be invited. This is likely to be in November.

Children aged 2 and 3 years old, plus all primary school aged children and school year 7 in secondary school, will be offered the nasal spray vaccination.

Those who do not fall within the eligible categories for a free NHS vaccination will be able to buy a flu vaccine from their local participating pharmacy.

[Click here](#) for more information.

NHS Test & Trace

You may have seen headlines in the media about people having difficulty booking COVID tests. Locally. This is partly due to a significant number of people without symptoms booking a test. During the extended Leicester lockdown people were being asked to take a test even if they did not have symptoms but this is no longer the case. Please only book a test if you have COVID symptoms.

We have also had feedback that some people have contacted GP practices asking for a test or attended the emergency department at the Leicester Royal Infirmary. Please follow this advice on testing:

- The main symptoms of COVID are: a high temperature, a new, continuous cough and a loss or change to your sense of smell or taste. Most people with COVID have at least one of these symptoms.

- If you have Covid-19 symptoms, get a test. It's really important that anyone with Covid-19 symptoms can get a test. This will help us stop the spread of the virus. If you don't have Covid-19 symptoms and you are trying to book a test, do not come forwards for a test – you could be taking a test away from someone who really needs it. This is increasingly important as we head into Autumn and Winter and more people will get colds and the flu. Only if you have one of the 3 symptoms should you book a test.
- Do not stockpile tests – we have plenty of stock and if you develop symptoms in future you will be able to book a test. There is no need to order a test in case of future use.
- If someone in your household starts to have symptoms, then that person must get tested and the rest of the household should self-isolate with them whilst they wait for the results. If you or other members of the household don't have symptoms, then you should not get a test – only people with symptoms should get tested. The vast majority of people who are tested in person get their results the very next day. [Full guidance on self-isolation is available on gov.uk.](#)
- If you are self-isolating or in quarantine, then a negative test result does not mean you can end isolation early. The virus can take time to develop and so a test early on does not prove that you won't go on to develop the virus. That means you could still be at risk of spreading the disease to other people.
- If you have symptoms and need to book a test, you can do this [online](#) or by ringing 119. We have been seeing more people trying to ring 111 about testing but we need to make sure that 111 is protected for people who are ringing about other medical and health issues.

For more information on NHS Test and Trace visit <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/>

Your GP practice is open – but things are different

All GPs in LLR are open and available to see you. However, because of COVID things are different. You are asked to contact your practice by phone and you may be offered a consultation over the phone or online. Although many more people are having consultations in this way, GPs fully accept that some people may not want this and want to be seen in person. A face to face appointment may also be the most appropriate for your particular condition.

If you have a face to face appointment you will see the different arrangements in your GP practice to keep you and practice staff safe through infection control and social distancing precautions.

Please bear in mind that as more people contact the practice by phone it may take longer to answer your call. A reminder, that you may also be able to contact your practice online or by an app (ask your GP practice).

Raising awareness of the symptoms of lung cancer

Patients are being encouraged to visit their GP if they have any symptoms of lung cancer. There are usually no signs or symptoms in the early stages. Symptoms of lung cancer develop as the condition progresses, so it's essential to contact your GP if you develop any. Symptoms include a cough that doesn't go away after 2 or 3 weeks, coughing up blood, persistent breathlessness and a loss of appetite or unexplained weight loss.

To find out more and for a full list of symptoms visit <https://www.nhs.uk/conditions/lung-cancer/symptoms/>.

Every mind matters campaign launches nationwide

A new mental health campaign launched this week to support children and young people with protecting and improving their mental wellbeing.

Most families have experienced upheaval in their daily lives during the pandemic. With children and young people now back at school or college, Better Health – Every Mind Matters campaign provides NHS endorsed tips and advice to look after children and young people's mental wellbeing.

The advice available on the Better Health - Every Mind Matters website has been developed in partnership with

leading children and young people's mental health charities. It is designed to help parents and carers spot the signs that children may be struggling with their mental health and show the actions they can take to support them. In addition to the advice for parents and carers the site also provides tools to help young people build resilience and equips them to look after their mental wellbeing.

For more information visit [Every Mind Matters](#).

Changes to the visitor restrictions at University Hospitals Leicester

Whilst visiting restrictions remain in place, University Hospitals Leicester has made some changes to the exception criteria to ensure they are supporting patients and their loved ones as much as possible through the ongoing COVID-19 pandemic.

- A parent or carer for patients under 18 years old (and an additional parent for paediatric intensive care or neonatal unit)
- One carer for adult patients requiring assistance
- One relative collecting a patient being discharged
- Family for patients at end of life
- Two birthing partners once mother is in active labour and one birth partner on the maternity wards (see more information below)
- A single adult visitor for patients in adult intensive care
- A single adult visitor for long stay (over 21 day) patients
- Partner for 12 & 20 week antenatal scan (providing social distancing can be maintained)

All visitors must wear a face covering when attending our hospitals, and observe on-site safety guidance including hand washing and social distancing. [Click here](#) for more information.

FURTHER INFORMATION

[Leicester City Council](#)

[Leicestershire County Council](#)

[One Prepared LLR](#)

[Gov.uk](#)

