



## Latest Information, Advice, Useful Links and Service Updates (Updated 01 April 2021)

This is a very fast-moving situation and our focus right now is on delaying the spread of coronavirus and ensuring our services are responding well. This is clearly hugely important and requires all of our attention.

The information below is intended as a resource to keep you up to date with the latest information and advice.

### Covid-19 Trusted sources of information

- The most recent **verified data on cases in the UK and Norfolk** is available from Public Health England [here](#) and the Norfolk Insights website [here](#).
- Everyone has a key role in promoting [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) and [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) as trusted sources of information to the public. It is really important to ensure people go to the right sources of information and keep up to date with how to look after themselves.
- **Keep up to date:** We have [a dedicated webpage for coronavirus updates](#) in Norfolk and impact on Norfolk County Council services. This is updated regularly so please do re-visit this page.
- **Service updates** - The most up to date information on council services can be found at [Norfolk County Council services disruptions](#). The council will continue to monitor its services and, if regulations and circumstances change, it will review its current plans.

### Latest national announcements

- **Public Health System** – On the 29 March the Government published policy paper on [Transforming the public health system: reforming the public health system for the challenges of our times](#), which sets out reforms to the public health system in England. These proposals place the two functions – health security and health improvement – into two distinct areas. The final part of the proposals aim to strengthen the local response.

The Government is inviting feedback on the questions below by filling out [this survey](#) by 26 April 2021.

- Question 1: How can we strengthen the local authority and Director of Public Health role in addressing the full range of issues that affect the health of local populations?
- Question 2: How do we ensure that future arrangements encourage effective collaboration between national, regional and local actors across the system?
- Question 3: What additional arrangements might be needed to ensure that regionally focussed public health teams best meet the needs of local government and local NHS partners?

The feedback will inform the next phase of public health system reform. The Government will provide a further update on the reformed public health system and more detail on plans and ambitions for improving the public's health later in 2021.

### Messages for residents

- **World Autism Awareness Week**– This week marks World Autism Awareness Week. This is a great opportunity, supported by the Norfolk All Age Autism Partnership Board (NAPB), to improve the acceptance and awareness of those with autism and their families.

Autism is a lifelong developmental disability that affects how people communicate and interact with the world. One in 100 people are on the autism spectrum, and there are around 700,000 autistic adults and children in the UK.

The Norfolk All Age Autism Partnership Board is a collaboration of autistic people, parents, carers, those with an interest in autism, voluntary and statutory organisations, and service providers, all working together to achieve an autism-friendly Norfolk.

Find out more on the [Norfolk Autism Partnership Board's website](#).

To follow NAPB's social media campaign, please use the hashtag: #NorfolkAPB

For a better understanding of Autism, Norfolk County Council has co-produced, designed, and created an [Autism Awareness e-learning programme](#) with the Norfolk and Suffolk NHS Foundation and the Norfolk All Age Autism Partnership Board. The eLearning was developed to be shared to spread awareness and understanding around Norfolk and beyond!

## Covid-19

- **Public reminded they must stay outside when meeting others** - The Government has updated the [national lockdown guidance](#) to reflect the new of changes to the rules in England which came into force on 29 March. The new guidance reiterates the importance of sticking to the rules, in order to stop the spread of the virus.

From 29 March:

- people will be able to meet outdoors either in a group of six (from any number of households), or in a group of any size from up to two households (each household can include existing support bubbles, if eligible)
- people will be able to take part in formally organised outdoor sports with any number of people (outdoor sports venues and facilities will be able to reopen)
- childcare and supervised activities will be allowed outdoors for all children
- formally organised parent and child groups will be able to take place outdoors for up to fifteen attendees. Children under five will not be counted in this number

You are now no longer legally required to stay at home but any journeys and social meetings should still be kept to a minimum. You should continue to work from home if you are able to.

If you have any of the [coronavirus symptoms](#) you must [self-isolate](#) straightway and [get a test](#). You must continue to isolate if you test positive or are told to isolate by NHS Test and Trace.

You can be fined up to £10,000 if you do not isolate. [Get support to self-isolate](#).

[Download an easy read guide to 29 March lockdown changes](#).

- **Symptom-free testing** - Around 1 in 3 people with coronavirus do not have symptoms and can therefore spread the virus without knowing. Symptom-free testing (also known as rapid testing or community testing) is a way to identify people who do not have coronavirus symptoms but are infectious.

[Find out how to get a test if you do have coronavirus symptoms](#).

- **Shielding advice from 1 April 2021** – From 1 April [clinically extremely vulnerable \(CEV\)](#) people in England will no longer be advised to shield.

Cases of COVID-19 have fallen considerably since the national restrictions and shielding measures were introduced in January. Rates in Norfolk are currently well below the England average, with good progress made in providing vulnerable people with at least one dose of the vaccine. If you have not yet received your first dose, please contact your GP urgently.

The new national advice from April 1 includes:

- You're no longer advised to avoid shops or pharmacies. However, until social distancing rules are eased more widely, you should keep your number of social interactions low and reduce the amount of time you spend in places where you're unable to maintain social distancing.
- People are advised to continue to work from home where possible, but if you can't work from home you should now attend your workplace. Your employer is required to take steps to reduce the risk of exposure to COVID-19 in the workplace.
- CEV pupils and students should return to their school or other educational settings.

The full advice is set out in a letter you should have received from government. If you haven't yet received this letter we have provided [a copy for you to read here](#).

### **Get help and support**

Due to the challenges that some people may face coming out of shielding, we want to remind you that we're still here to help and support you.

You can find out more about the support available after 31 March on [our website here](#) or calling us on 0344 8008020 - select option 1, then option 4.

### **Social care**

- **Visiting a Care Home Resident: Guidance for visitors** -The national Better Care Fund has created [two new animations](#), explaining how current coronavirus care home visiting arrangements work, the benefits they bring for all parties and what to do when visitors or staff test positive

### **Business and economy**

- **Webinars and videos for organisations that trade with the EU** – The government has provided webinars and videos about [trading with the EU](#) which are available to share with local stakeholders and businesses.

Topics covered in the webinars include importing and exporting goods, moving goods between Great Britain and Northern Ireland and details of the Government's cross-border trade forum, designed to help businesses and traders find answers to questions on the new rules on trading with the EU.

Businesses can now access a [calendar of upcoming webinars](#) and sign up.