

Public Health COVID-19 Community Update

NHS



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Week 4 - Children & Young People

March 2021

Welcome to this issue of our Bromley Public Health Update in which we provide you with the updated information and guidance to keep you, your friends, and families safe and well during this Covid-19 pandemic period.



Please share this update with your friends, family and other contacts.

This week our focus is on the health and wellbeing of children and young people and Covid-19 related issues. Schools have now re-opened for all pupils and testing is in place to make sure that any positive cases of Covid-19 are picked up quickly to stop the virus from spreading further.

Asymptomatic Testing for Covid-19

'Asymptomatic' means you are infected with a disease, like Covid-19, but are NOT showing any symptoms.

- **Rapid Covid-19 tests for young people in secondary schools and colleges will continue** - tests will be taken at home instead of at school in the coming weeks.
- The young person will need to test themselves **twice a week, 3-5 days apart.**
- The **result must be registered online** with NHS Test and Trace.
- The **school will give out the test kits and the instructions** on how to do the test at home and how to register the result online.

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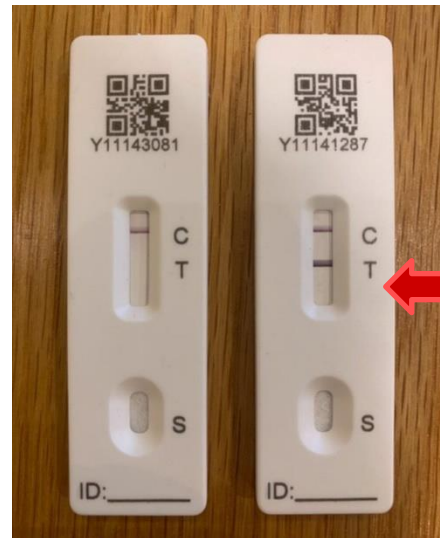
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- **Anyone who tests positive will need to isolate at home for 10 days** together with the whole family and you must inform the school immediately.
- **You can order kits to test your household** if at least one person living with you:
 - is a **school, nursery, or college pupil.**
 - **works in a school, nursery, or college** (this includes temporary workers or volunteers).

View this [interactive map](#) from the NHS to find out where you can pick up testing kits.

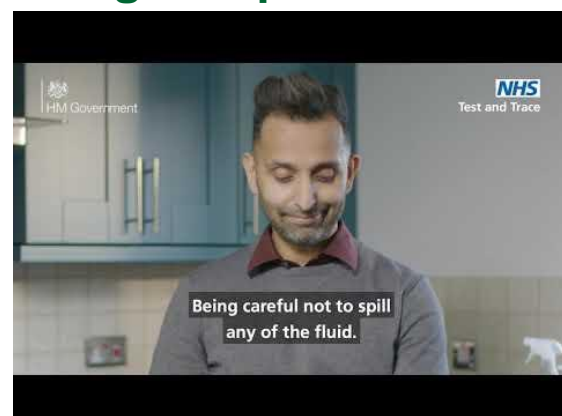
To order testing kits to your home, visit www.gov.uk/order-coronavirus-rapid-lateral-flow-tests

Visit the Council's website for more information on [Covid-19 testing for Bromley Schools and Colleges](#).



This is a **positive Covid-19 test result** and means you would need to **self-isolate for 10 days**.

How to test yourself using a Rapid Test Kit



Dr Amir Khan shows you how to test yourself for Covid-19 using a rapid test kit, as well as how to read your result and report it to the NHS. Actual test kits may vary slightly from the one

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used in the clip, so please always check the instruction leaflet in your kit.

Mental Health & Wellbeing Support for Young People

Support for young people can be found through these services:

- [Kooth](#): provides an online counselling service for young people to have access to professional support, live counselling with qualified practitioners through booked or drop-in sessions, and self-help materials that can be accessed anonymously and with no need for a referral.
- If you need URGENT mental health support visit [Bromley Y – Get Urgent Help](#) or you can call the **Mental Health Crisis Line: 0800 330 8590 (24 hour service)** but in an emergency, dial 999.
- See the last page of this week's update to find **Bromley Y's Community Update** message.
- Further information on mental health and wellbeing for all can be found on our [Mental and Emotional Wellbeing page](#).

Further Information on Vaccinations

Three COVID-19 vaccines have now been authorised for use in the UK by the medicines regulator, the Medicines and Healthcare products Regulatory Agency (MHRA), after meeting strict standards of safety and effectiveness.

The vaccines are **very safe and very effective** and having a vaccination when it is your turn will protect you, your friends, your family and your community.

If you are aged 50 and over, a frontline health or social care worker, a main carer for someone at high risk from Covid-19 or have a learning disability, are clinically extremely vulnerable (high risk) or clinically vulnerable (moderate risk) – you can book your vaccine online at www.nhs.uk/covid-vaccination or call 119 without needing an invitation.

- Read more about the [Pfizer-BioNTech Vaccine](#).
- Read more about the [AstraZeneca Vaccine](#).
- Read more about the [Moderna Vaccine](#).

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COVID-19 vaccine ingredients

Question: Does the vaccine include any parts from foetal or animal origin or mercury?

Answer: No - the two currently rolled out Covid-19 vaccines do not contain foetal, animal products, egg, or mercury.

This makes the vaccines vegan/ vegetarian friendly.

All ingredients are published in healthcare information on the [MHRA's website](#).

Leaders from all the faiths have said that the vaccines are a good thing and people shouldn't hesitate to get them.

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Bromley Y - Community Update

We are committed to supporting Bromley's Black, Asian & Minority Ethnic communities



You may be worrying about being back at school and that is understandable after so long at home. These feelings are valid and you are not alone.

The current coronavirus pandemic has caused many of us to feel worried or low. Even as things start to get back to normal, there is a lot of uncertainty - something which feeds anxiety.

Some anxiety is to be expected due to this situation, but if you feel it is getting out of control, leaving you feeling isolated or stopping you from doing things, you may benefit from some extra support.

Worries about Covid-19



Helpful Information and Practical Tips

- [YoungMinds 'Coronavirus and Mental Health'](#)
- [The Mix 'How to Deal with Corona-Anxiety'](#)
- [No Panic 'Coming Out of Lockdown'](#)
- [Good Thinking 'Back To School Advice'](#)
- [Good Thinking 'Stressed, Angry, or Anxious?'](#)



Want to know more about us?

To find out more about Bromley Y, please visit www.bromley-y.org where you can find information on:

- The range of support we offer
- Our referral process
- Self-help advice and resources
- How we work with schools and other services in the borough



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