

COVID-19

Health Update

Edition 4

23 April

Dear Colleagues, we want to keep you all updated on the latest local health news without sending out large amounts of emails each day.

For the next few weeks, we will be collating all the latest updates and sending them together once a week.

The Figures

Nationally

As of 9am on 22 April 2020, a total of 559,935 test have been carried out, of which 1133,495 were confirmed positive.

As of 5pm on 21 April 2020, of those hospitalised in the UK, who tested positive for COVID-19, 18,100 have died.

(The figures for test results and for deaths are compiled from different sources. This is why the figures for deaths are reported from an earlier point in time than the figures for test results.)

These numbers are the latest figures available at the point this update was sent – for the most up to date figures please check on [this page](#).

Locally – by Upper Tier Local Authority

Peterborough – 155 confirmed cases

Cambridgeshire – 569 confirmed cases

**The NHS is still
open for business**

**The sooner we see
you, the more we
can help you**

Don't delay seeking medical treatment

NHS organisations across Cambridgeshire and Peterborough are reminding local residents that they are still open 24 hours a day, seven days a week to provide urgent medical treatment and support healthcare concerns.

The amount of people going to Emergency Departments has significantly reduced compared to last year, and clinicians are concerned that some patients are not seeking the urgent and emergency help they need for important conditions such as strokes, heart attacks, meningitis, sepsis and cancer. Many GPs are also finding that fewer people are contacting

them to flag early signs of cancer, which would need urgent investigations to take place, or to report deterioration in their long-term conditions, both physical and mental.

We want to remind the public that the NHS is still open for business and that the sooner we see you, the more we can help you.

The NHS is still open 24/7 to provide urgent medical treatment for everyone – it is important that you don't ignore the signs of a potentially life-threatening condition such as a stroke, heart attack or cancer.

Your local GP surgery is still open and there to offer support. You can speak to your GP from the comfort and safety of your own home via the telephone or an online service. If the GP decides you need to be seen in person, you will be offered a face-to-face appointment, in a safe environment for you and your GP or Practice Nurse.

If you are not sure where to go for medical support, we would recommend you visit <https://111.nhs.uk/> in the first instance.

Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured.

Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:

 RED	<p>If your child has any of the following:</p> <ul style="list-style-type: none">• Becomes pale, mottled and feels abnormally cold to the touch• Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts grunting• Severe difficulty in breathing becoming agitated or unresponsive• Is going blue round the lips• Has a fit/seizure• Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive• Develops a rash that does not disappear with pressure (the 'Glass test')• Has testicular pain, especially in teenage boys	<p>You need urgent help:</p> <p>Go to the nearest A&E department or phone 999</p>
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 AMBER	<p>If your child has any of the following</p> <ul style="list-style-type: none">• Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (recession) or head bobbing• Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)	<p>You need to contact a doctor or nurse today.</p> <p>Please ring your GP surgery or call NHS 111</p>
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	<ul style="list-style-type: none"> • Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down • Has extreme shivering or complains of muscle pain • Babies under 3 months of age with a temperature above 38°C /100.4°F • Infants 3-6 months of age with a temperature above 39°C / 102.2°F • For all infants and children with a fever above 38°C for more than 5 days. • Is getting worse or if you are worried • Has persistent vomiting and/or persistent severe abdominal pain • Has blood in their poo or wee • Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness 	<p>The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E</p>
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	<p>If none of the above features are present</p> <ul style="list-style-type: none"> • You can continue to provide care at home. Information is also available on NHS Choices • Additional advice is available to families for coping with crying of well babies • Additional advice is available for children with complex health needs and disabilities. 	<p>Self-care</p> <p>Continue providing your child's care at home. If you are still concerned about your child, call NHS 111</p>
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Testing or Swabbing of Key Staff

Testing or swabbing of key staff is an important part of the COVID-19 plans to ensure that staff can return to work as quickly as it is safe to do so.

Testing, or swabbing, is available to those who are away from the workplace through sickness themselves with symptoms of COVID-19, or are away from the workplace due to members of their household (over the age of five years) having symptoms of COVID-19. Key people will only be swabbed between days 3-5 of the onset of symptoms. People will not be offered swabbing after day 5, as tests are proving inaccurate after this time.

In terms of prioritised workers, these have been identified as the following: -

- Nursing and Residential Home staff
- Domiciliary Care Staff
- Prison Staff
- Local Authority Key workers
- Police
- Fire and Rescue Service.

Testing, or swabbing, is available for key worker staff at a number of sites across the region, including Stansted, Royal Papworth Hospital in Cambridge, and the East of England Showground in Peterborough. Keyworker staff should check with the organisation they work for the process of booking tests at these sites.

Maternity services

Coronavirus advice and guidance for pregnant and postnatal women is available [HERE](#)
Please be aware of the changes to the visiting policies at all three local hospitals.

For Peterborough City Hospital and Hinchingsbrooke Hospital,

<https://www.nwangliaft.nhs.uk/about-us/trust-news/updated-visiting/>

For The Rosie Hospital <https://www.cuh.nhs.uk/news/aaa/changes-our-visiting-policy#top>

Every Mind Matters

Now more than ever, Every Mind Matters.

All over the country we are staying at home to protect the NHS and save lives. We will all be experiencing highs and lows and it is perfectly normal to miss loved ones, get frustrated, feel anxious or stressed. There are things we can all do to look after our mental wellbeing at this time. Every Mind Matters can help get you started with your NHS online plan, showing you simple steps to help deal with stress, boost your mood and feel on top of things.

The NHS **Every Mind Matters** website provides simple tips and advice for you to look after your mental wellbeing during this time – visit www.everymindmatters.co.uk to get your free online personal Mind Plan

We're in this together.

Pharmacies

Just like everyone else, our pharmacists and pharmacy staff are working incredibly hard at the moment and need your support. Please remember the following when visiting a pharmacy:

- Please be patient and observe social distancing (stand 2m apart)
- Please only order what you need
- Please be kind to our staff
- Please help us so that everyone in your community gets the medicines they need, and we can help keep our staff and local community safe.

You can find out the opening hours of your local pharmacy online [HERE](#)

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