

# Let's get Corby's case rates down!

It is hugely concerning that Corby remains one of the top places in the country in terms of the high number of positive case rates. At this time, more than ever, we all need to come together and take action to ensure that we can drastically reduce the number of rates in the Borough to ensure that Corby is not left behind when the rest of the country finally looks to relax restrictions.

We are calling on all of our residents to please strictly adhere to the regulations by staying at home, only making essential trips out, working from home where possible, wearing masks, not socialising outside of your household or support bubble, isolating immediately if you have symptoms and getting tested.

We know that these actions work, we have previously managed to get our rates down and we need Corby's community to do it once again. For the sake of our NHS, our friends and families, our colleagues and neighbours, our businesses and youngsters, let's stand together by staying apart.

## Cllr Tom Beattie, Leader of Corby Borough Council

Case rates in Corby are currently (at the time of print) higher than anywhere else in the country. This is concerning for a number of reasons, one of the age groups where case rates are not falling as quickly as we would like, is the over 60 age group. This has an impact on our County hospitals, where pressure remains high in intensive care and on the NHS in general.

Whilst case rates remain high, the process of easing restrictions and returning to normality could take longer and have a more severe impact on the local economy, and on the lives of individuals living and working in Corby.

This booklet aims to help you make decisions that keep yourself, your family and colleagues safe. It provides details of where to access support, clarifies some of the guidance and it explains what tools we have to help us progress, and how to use them.

Collectively, we will get through this, if we all work together.

## Lucy Wightman, Director of Public Health, Northamptonshire County Council



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County Council

## Getting to work safely, if you cannot work from home

The safest way to travel during the pandemic is to walk, cycle, or drive your own car to work. We understand that not everyone is able to walk or cycle and not everyone owns their own car.

Car sharing (sharing a car with people you do not live with), has been linked to a number of workplace related outbreaks and therefore is a risky form of travel. However, we understand that some people may have no choice but to car share to get to work. So, if you absolutely must car share, follow this guidance to keep yourself and other passengers safe:

### CAR SHARE ONLY IF ABSOLUTELY NECESSARY

- 1 Driver and all passengers should all wear face coverings
- 2 Share with the same people each time where you can, and keep this to a minimum
- 3 Spread out in the vehicle and do not face others where seating allows
- 4 Open windows to ventilate the car
- 5 Regularly clean surfaces in car such as door handles, steering wheel, gear stick etc
- 6 Limit the amount of people you share a car with
- 7 Wash your hands before and after travel

### PUBLIC TRANSPORT

- 1 Wear a face covering
- 2 Be careful of the surfaces you touch, remember to wash or sanitise your hands regularly
- 3 Keep your distance from others
- 4 Queue responsibly, wear face coverings and keep your distance from others

Remember every touch can leave a trace



## Has COVID-19 affected your business? You may be eligible for support

Corby Borough Council is urging any local businesses seriously affected by the Coronavirus pandemic to check if they are eligible for any of the grants on offer. Guidance can be found on the website for each grant.

[www.corby.gov.uk/covid-19-business-grants-those-affected-covid-19-pandemic](http://www.corby.gov.uk/covid-19-business-grants-those-affected-covid-19-pandemic)

Grant	Eligible Businesses	Application Forms
Local Restrictions Support Grant And Closed Business Lockdown Grant	<ul style="list-style-type: none"> <li>• Mandated to close by Government</li> <li>• The scheme is only available to those who pay business rates</li> </ul>	Local Restrictions Support Grant and Closed Business Lockdown Grant
Wet Pubs (from 2 December 2020)	<ul style="list-style-type: none"> <li>• Mandated to close by Government</li> </ul>	Business Support - Wet Pubs Application
ARG (Discretionary Grant Scheme 2 for National Lockdown 3)	<p>Local councils have the freedom to determine the eligibility criteria for these grants. However, we expect the funding to help those businesses which – while not legally forced to close – are nonetheless severely impacted by the restrictions.</p> <p>This could include:</p> <ul style="list-style-type: none"> <li>• businesses which supply the retail, hospitality, and leisure sectors</li> <li>• businesses in the tourism and events sectors</li> <li>• business required to close but which do not pay business rates</li> </ul>	ARG (Discretionary Grant Scheme 2 for National Lockdown 3) application



# What you can and cannot do - Indoor mixing of households

Mixing inside a house with people you do not live with or people who are not in your childcare or support bubble is **not allowed**. If you are not eligible to have a support bubble or childcare bubble, you should not be mixing with others indoors\*.

## SUPPORT BUBBLES

**You can form a support bubble with ONE other household IF:**

- you live by yourself
- your household includes a child who is under the age of one or was under that age on 2 December 2020
- your household includes a child with a disability who requires continuous care and is under the age of 5, or was under that age on 2 December 2020
- you are aged 16 or 17 living with others of the same age and without any adults
- Or you are a single adult living with one or more children who are under the age of 18 or were under that age on 12 June 2020

You cannot change or mix your support bubbles.

## CHILDCARE BUBBLES

**A childcare bubble is where one household links with ONE other household to provide informal childcare to anyone under 14.**

All adults in both households must agree to this arrangement. 'Informal' childcare means it is unpaid and unregistered.

You can only have one childcare bubble with one other household. This means no household should be part of more than one childcare bubble.

You can only use a childcare bubble for childcare. You cannot use a childcare bubble to mix with another household for other reasons.

Being in a childcare bubble does not stop you from forming a support bubble if you are eligible.

You must avoid seeing members of your childcare and support bubbles at the same time.

**Only use a bubble if you need one.**

**In both cases, the bubble is for support – not for an excuse to mix with other people.**



# What you can and cannot do - Outdoor gatherings

## YOU MUST NOT LEAVE, OR BE OUTSIDE OF YOUR HOME EXCEPT WHERE NECESSARY.

**You may leave the home to:**

- shop for basic necessities, for you or a vulnerable person
- go to work, or provide voluntary or charitable services, if you cannot reasonably do so from home
- exercise with your household (or support bubble) or one other person (in which case you should stay 2m apart). Exercise should be limited to once per day, and you should not travel outside your local area which means your village or town

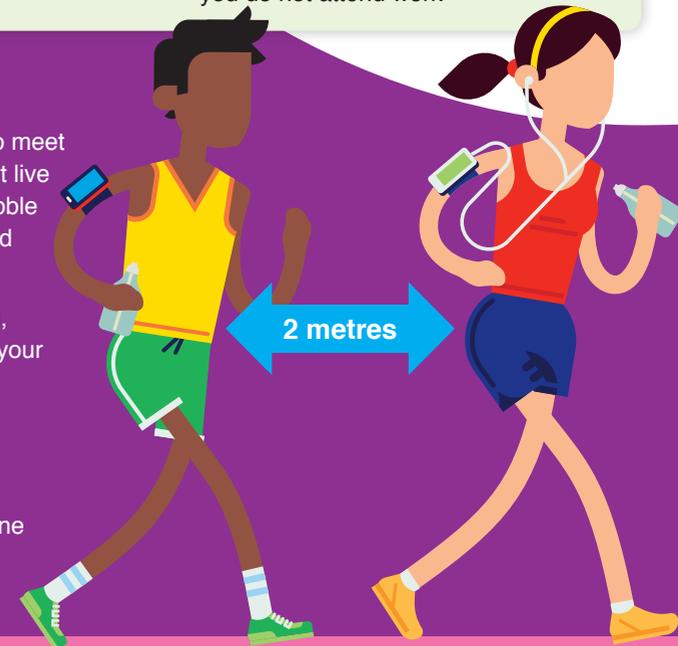
- meet your support bubble or childcare bubble where necessary, but only if you are legally permitted to form one
- seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse)
- attend education or childcare - for those eligible
- If you are clinically extremely vulnerable you are advised to only go out for medical appointments, exercise or if it is essential. We recommend that you do not attend work

## Meeting others

You cannot leave your home to meet socially with anyone you do not live with or are not in a support bubble with (if you are legally permitted to form one).

You may exercise on your own, with one other person, or with your household or support bubble. This should be limited to once per day, and you should not travel outside your local area.

Stay 2 metres apart from anyone not in your household or support bubble.



**\*For a full and detailed list of what you can and cannot do, visit [www.gov.uk/guidance/national-lockdown-stay-at-home](https://www.gov.uk/guidance/national-lockdown-stay-at-home)**

# Self-Isolation

If you are on a low income or receiving benefits and you have been told to self-isolate, you may be eligible for a payment of £500 under the Test and Trace support grant – visit the link below to find out if you are eligible.

[www.northamptonshire.gov.uk/coronavirus-updates/Pages/test-and-trace-payment-support.aspx](http://www.northamptonshire.gov.uk/coronavirus-updates/Pages/test-and-trace-payment-support.aspx)

If you have tested positive for the virus, live with someone who has tested positive or you are experiencing symptoms and awaiting a test, you must stay at home.

Need additional support whilst self-isolating such as help with collecting shopping or medicines? Please call **0300 126 1000** and select **Option 5 (Monday to Friday, 9am to 5pm)**.

## SELF-ISOLATING – HOW TO DO IT SAFELY

If you've been told to self-isolate, you need to do this for 10 days. Your isolation starts from either:

- The day that your symptoms started, or the day of the test if you had no symptoms (for both those who have tested positive and their household members)
- The day you were last in contact with the person who tested positive for coronavirus (for close contacts outside the household)
- If you were isolating as a contact of someone who tested positive and you develop symptoms yourself, your 10-day isolation period needs to re-start from the day you get symptoms

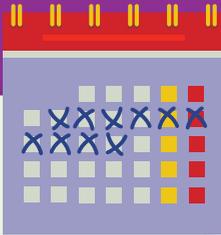
If you live with other people and someone in your household tests positive, **everyone** has to self-isolate and follow this guidance.

The person who tests positive should isolate for 10 days and:

- 1 Use their own bathroom and towels and clean after each use
- 2 Use the kitchen separately
- 3 Eat in their own room and wash their own cutlery and crockery
- 4 Stay in their room and isolate from the rest of the household

Other members of the household should:

- 1 Self-isolate at home for 10 days, even if they have a negative test result
- 2 Keep separate from the infected person
- 3 If you must share spaces, create a rota to minimise time together



# Lateral Flow Device Testing

Lateral Flow Device testing is otherwise known as rapid testing, and is used in people who do not have symptoms of COVID-19.

The aim of testing people who do not have COVID-19 symptoms is to identify the one in three people without symptoms, who may be infectious without being aware, in order to reduce spread of the virus. Rapid testing means that quick action can be taken to protect colleagues and family members of those who test positive with COVID-19 and to reduce anyone spreading the virus further.

The test involves a self-swab of the mouth and nose and provides a result within 30 minutes.

Testing slots **must be booked online** in advance here [www.northamptonshire.gov.uk/coronavirus-updates/Pages/covid-19-community-based-testing.aspx](http://www.northamptonshire.gov.uk/coronavirus-updates/Pages/covid-19-community-based-testing.aspx)

Priority is given to workers in the following sectors:

- Health or social care
- Transportation
- Education or childcare (if not receiving regular rapid tests via the workplace)
- Essential workers in shops, supermarkets or financial services
- Food production or processing
- Warehousing, packing or distribution
- Essential public sector services including waste, bin collections, security etc
- Construction, utilities or communications
- Agency workers

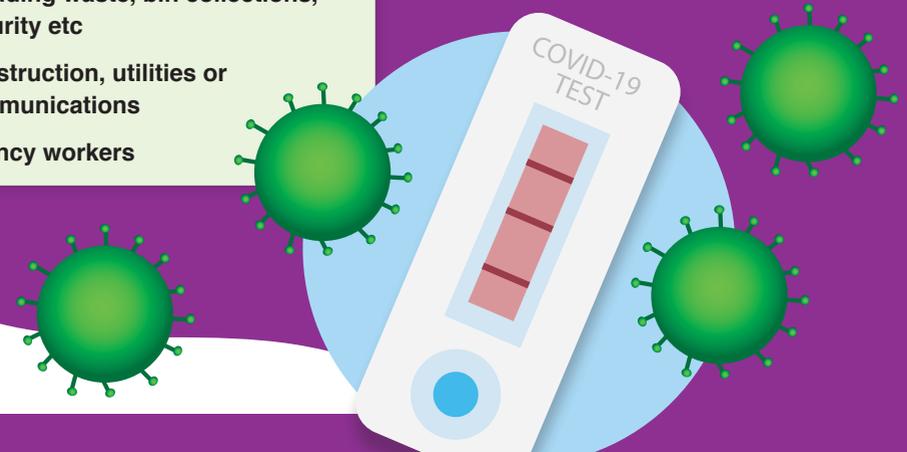
We advise people working in these sectors to get tested on a weekly basis.

A negative result does not mean that you are not carrying the virus. It is really important to wash your hands regularly and thoroughly, to wear your face covering over your nose and mouth and to keep two metres away from those you do not live with.

Effective use of these sites enables essential workers to keep working and keep those around them safe.

Please do not use these sites if you are unemployed, working from home or retired.

**Corby's Lateral Flow Device testing site is at Lodge Park Sports Centre.**



# Vaccinations

Vaccinations offer us an additional tool in the fight against COVID-19 and play a critical role in us making progress through the pandemic. However, getting a vaccine does not enable you to go out and to start socialising.

The NHS is currently offering the COVID-19 vaccine to people most at risk from coronavirus.

If you are not yet eligible to receive the vaccine, please wait to be contacted. The NHS will let you know when it is your turn to have the vaccine. It is important not to contact the NHS for a COVID-19 vaccination before then.

More details on vaccinations, including frequently asked questions, what to expect when attending the mass vaccination centre and general information about the vaccine can be found here.

[www.northamptonshire.gov.uk/coronavirus-updates/Pages/coronavirus-vaccination-in-northamptonshire.aspx](http://www.northamptonshire.gov.uk/coronavirus-updates/Pages/coronavirus-vaccination-in-northamptonshire.aspx)

## Keep Informed

Keep up to date with all the latest from Corby Borough Council by following us on twitter [@CorbyBC](https://twitter.com/CorbyBC) and visiting the website at [www.corby.gov.uk](http://www.corby.gov.uk)

For all the latest information on Coronavirus in Northamptonshire, visit [www.northamptonshire.gov.uk/coronavirus-updates](http://www.northamptonshire.gov.uk/coronavirus-updates)

You can also follow Northamptonshire's Public Health Channels at

 [@PublicHealthNorthants](https://www.facebook.com/PublicHealthNorthants)

 [@NorthantsPH](https://twitter.com/NorthantsPH)

 View our weekly press conference on our YouTube channel, Northamptonshire County Council

Each week we publish a surveillance report where you can find out how many cases there have been in your area in the last week, which areas have the highest number of cases and key guidance to help deal with the current situation. These can be viewed and downloaded here [www.northamptonshire.gov.uk/coronavirus-updates/Pages/local-coronavirus-guidance-and-advice.aspx](http://www.northamptonshire.gov.uk/coronavirus-updates/Pages/local-coronavirus-guidance-and-advice.aspx)

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