

### COVID-19 risk level

**MEDIUM**



The current alert level in Brighton & Hove is **MEDIUM**. We are at a tipping point, but we can turn this around if we all play our part. Cases are rising among adults of all ages, not just young people, and students. To slow the virus, we all need to step up physical distancing, wear face coverings where advised, limit contact between households and follow the 'rule of six'. More information on the current situation is given below

The [Brighton and Hove City Council](#) website has more information

[Local COVID alert levels: what you need to know](#)

Frequently asked questions on what you can and cannot do during the coronavirus outbreak.



**Wash your hands regularly**

avoid touching your face and use hand sanitiser when you are out



**Watch your distance**

stay at least 1m away from people outside of your household where you can



**Wear a face covering if you are able to**

on public transport, at hospitals, in shops and in enclosed spaces

Thank you for your part in supporting a

**healthier, stronger,  
safer city**

## LOCAL COVID NEWS

### A message from Alistair Hill, Director of Public Health for our City, 13<sup>th</sup> October

We have published a weekly local alert level and accompanying statement for Brighton & Hove since September. Our most recent alert level last week was Amber, to reflect the significant and ongoing increase in cases that we have seen in the city.

This week we are not updating our traffic light indicator while we await full details about the Government's new national [local COVID alert levels](#) announced on 12 October 2020. The Government has classified Brighton & Hove as Medium, indicating that national restrictions continue to be in place. The other levels, high and very high, apply to areas where additional restrictions are in place.

At the time of writing, there were 227 new confirmed cases of COVID-19 in the city in the week up to 12 October. That number is more than double the number in the previous week. We are still seeing most new cases among young people, including students. Both the universities are working hard to support students while they self-isolate and prevent the virus spreading. But the virus does not discriminate according to age and we are seeing cases in all age groups.

The city is at a tipping point. We have a chance to stop this very infectious disease from spreading - but only if we all work together to slow it down. We know most infections happen when people and households meet and mix with each other. This is not a time to take risks with our own health, because that can spread the infection to everyone around us. Before going out to mix with other people, please ask yourself 'do I really need to do this and what can I do to reduce my risk?'

I am asking everyone to follow the public health guidelines:

- Wash hands or use sanitiser and clean shared surfaces regularly
- Wear face coverings (if able to)
- Maintain social distancing of 2 metres
- Limit contact between households and keep to the rule of six
- Reduce contact with other people and meet outside if you can
- Work from home if possible

Most important of all:

- [If you have symptoms](#) you must [self-isolate as soon as they start](#) and ask your household to self-isolate too
- [Book a test online](#) and stay home while waiting for your appointment or home testing kit to arrive - do not let friends or family to visit you
- Remain at home until you get a negative test result, or the self-isolation period is over - do not leave the house for any reason
- If told you are a contact of someone with COVID, self-isolate for 14 days.

We are all responsible for stopping the virus from infecting more people in our city. Please play your part to keep us all safe.

Alistair Hill, Director of Public Health



If you need support or advice the [Brighton and Hove City Council](#) website has more information

### Support available in Brighton & Hove

#### Emergency help with food, energy bills and other essentials

Local Discretionary Social Fund  
[www.brighton-hove.gov.uk/emergency-help-with-bills](http://www.brighton-hove.gov.uk/emergency-help-with-bills) 01273 293117 (option 1).

#### Debt advice if you are facing financial difficulties

[www.brighton-hove.gov.uk/debt-advice](http://www.brighton-hove.gov.uk/debt-advice)  
Citizens Advice 0300 330 9033  
Money Advice Plus 0800 988 7037.

**Food, shopping and meal deliveries** Brighton & Hove Food Partnership [www.bhfood.org.uk/coronavirus-update](http://www.bhfood.org.uk/coronavirus-update).

**Mental health** Sussex Mental Healthline 0300 5000 101 (freephone).

**Wellbeing** Healthy Lifestyles team [www.brighton-hove.gov.uk/healthylifestyles](http://www.brighton-hove.gov.uk/healthylifestyles) 01273 294589.

**Carers** The Carers Hub [www.carershub.co.uk](http://www.carershub.co.uk) 01273 977000 (Monday to Friday, 9am to 5pm).

**Loneliness** Together Co [www.togetherco.org.uk](http://www.togetherco.org.uk) 01273 775888.

**Older people** Ageing Well [www.ageingwellbh.org](http://www.ageingwellbh.org) 07770 061072 (Monday to Friday, 9am to 5pm) or call The Silver Line 0800 470 8090.

**Domestic abuse** The Portal [www.theportal.org.uk](http://www.theportal.org.uk) 0300 323 9985.

**Bereavement** Cruse Bereavement Care [www.cruse.org.uk](http://www.cruse.org.uk) 0808 808 1677.

**Digital support and resources** Digital Brighton & Hove [www.digitalbrightonandhove.org.uk](http://www.digitalbrightonandhove.org.uk) 07475 946084.

**Adult social care** Access Point [www.brighton-hove.gov.uk/adult-social-care](http://www.brighton-hove.gov.uk/adult-social-care) 01273 295555 (Monday to Friday, 9am to 4.30pm).

**Children or families** Front Door for Families [www.brighton-hove.gov.uk/front-door-families](http://www.brighton-hove.gov.uk/front-door-families) 01273 290400 (Monday to Thursday, 9am to 5pm, Friday until 4.30pm).

If you still need extra support and don't have anyone to help you at the moment, contact our community advice and support hub.

[www.brighton-hove.gov.uk/coronavirus-help](http://www.brighton-hove.gov.uk/coronavirus-help)  
If you can't get online, call 01273 293117 (option 2) Monday to Friday, 10am to 4.30pm.

### Do not leave home if you or someone you live with has any of the following:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

Self-isolate immediately and get a test.

Go to [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call 119.

## COVID-19 and Disabled People - a webinar

Wednesday 28<sup>th</sup> October

1pm - 2.30pm

Book at Eventbrite: <https://www.eventbrite.co.uk/e/covid-19-and-disabled-people-a-webinar-tickets-124075706779>

Hosted by [Possability People's Get Involved Group](#), this is a webinar for disabled people, their families and carers. Hear the latest updates and information from the [Brighton and Hove City Council's Public Health Team](#) on the local and national picture, the webinar will describe what work is being done by Brighton & Hove City Council, how the Test & Trace system works, local contingency plans, the current guidelines, what to do if you are unwell, and the key prevention messages.

This event will include BSL interpreters. If you require this service, please check the box in the order form. If you have any other access requirements, you can tell us about these in the space provided on the order form. If you would like to join this event but do not feel confident in using the Zoom platform, please contact us as soon as possible, and they may be able to arrange some support around this: email [gig@possabilitypeople.org.uk](mailto:gig@possabilitypeople.org.uk)

## How and where to get a COVID test

Advice from the Council is available [here](#).

There is very high demand for coronavirus tests. Please only request a test if you have COVID-19 symptoms or have been advised to have a test. Keep trying to book through the [NHS website](#) or by calling 119. [Self-isolate](#) immediately for 10 days if you have symptoms and all household members also need to stay at home.

**A walk-in coronavirus test centre in East Brighton park has opened as part of a pilot for new walk-through sites accessible on foot or bike. Anyone wanting a test must book an appointment, as with the mobile drive-through test centre currently operating from Withdean.**

Click here to [get a coronavirus test](#).

If you do not have access to the internet, you can call 119 to book or order a test.

In the event that anyone with symptoms is unable to obtain a local test, it is not recommended that you travel long distances. Government advice is to try booking again in a few hours. A good time to try is 8.30pm when new slots are made available.

A test for suspected COVID-19 is free and NHS treatment for COVID-19 is free for all, including overseas visitors who are not usually entitled to free treatment from the NHS.

### Symptoms

Anyone with [symptoms](#) can get a coronavirus test, whatever their age. Main symptoms are:

- **a high temperature:** this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough:** this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (a usual cough may be worse than usual)
- **a loss or change to your sense of smell or taste:** this means you have noticed you cannot smell or taste anything, or things smell or taste different to normal.

**These websites contain all the information you need:**

- [Brighton and Hove City Council](#) (including links to translated materials)
- [Government](#)
- [Coronavirus in children](#)

Antibody testing is available for certain groups only. You can get [a free at-home antibody test if all of these apply](#) you live in England , you are 18 or over and you work in paid adult social care.

[How tests and testing kits for coronavirus \(COVID-19\) work](#)



## Local COVID data

### Local data on COVID and statistics published by the Council

#### COVID-19 - key statistics for Brighton & Hove

You can find key local data showing confirmed cases of COVID-19 and deaths related to COVID-19 on the [Brighton and Hove Council website](#). We have reproduced some data below. The Council also provides links to other available data which can be accessed [here](#).

#### CONFIRMED CASES OF COVID-19 in Brighton and Hove

There has been an increase in the number of confirmed cases of COVID-19 in Brighton & Hove in the previous week. As of 14<sup>th</sup> October, the total number of confirmed cases of COVID-19 (recorded since February 2020) in Brighton and Hove stands at 1,541. This has increased by 443 and is up from 1,098 on 2<sup>nd</sup> October, the date of our last Healthwatch bulletin. In the last 7 days up to 11<sup>th</sup> October, there were 238 confirmed cases.

Published data provides an average rate of new cases of COVID-19 per 100,000 people over two time periods:

- a) the last 7-days
- b) the average since March 2020

The two averages are therefore different. For information, the population of Brighton and Hove is estimated by the [ONS](#) to be 290,885.

#### 7-day average

This data is published by the [Public Health England](#) and population data by the Office for National Statistics. The rates are calculated by the Brighton & Hove City Council Public Health Intelligence team.

In the seven days up to 11<sup>th</sup> October there were 238 confirmed new COVID-19 cases in Brighton & Hove. This is equivalent to a weekly rate of new cases of 81.8 per 100,000 residents ( $238/290,885 \times 100,000 = 81.8$ ). This rate has increased from 16.5 as of 2<sup>nd</sup> October.

#### Average rate since February 2020

This data is published on the [government website](#). As of 11<sup>th</sup> October, the rate of confirmed cases in Brighton and Hove is equivalent to 529.8 cases per 100,000 residents ( $1,541/290,885 \times 100,000 = 529.77$ ). This number has from 377.5 as of 2<sup>nd</sup> October. This rate is lower than the national average for England of 1017.4 and the South East average of 594.1.

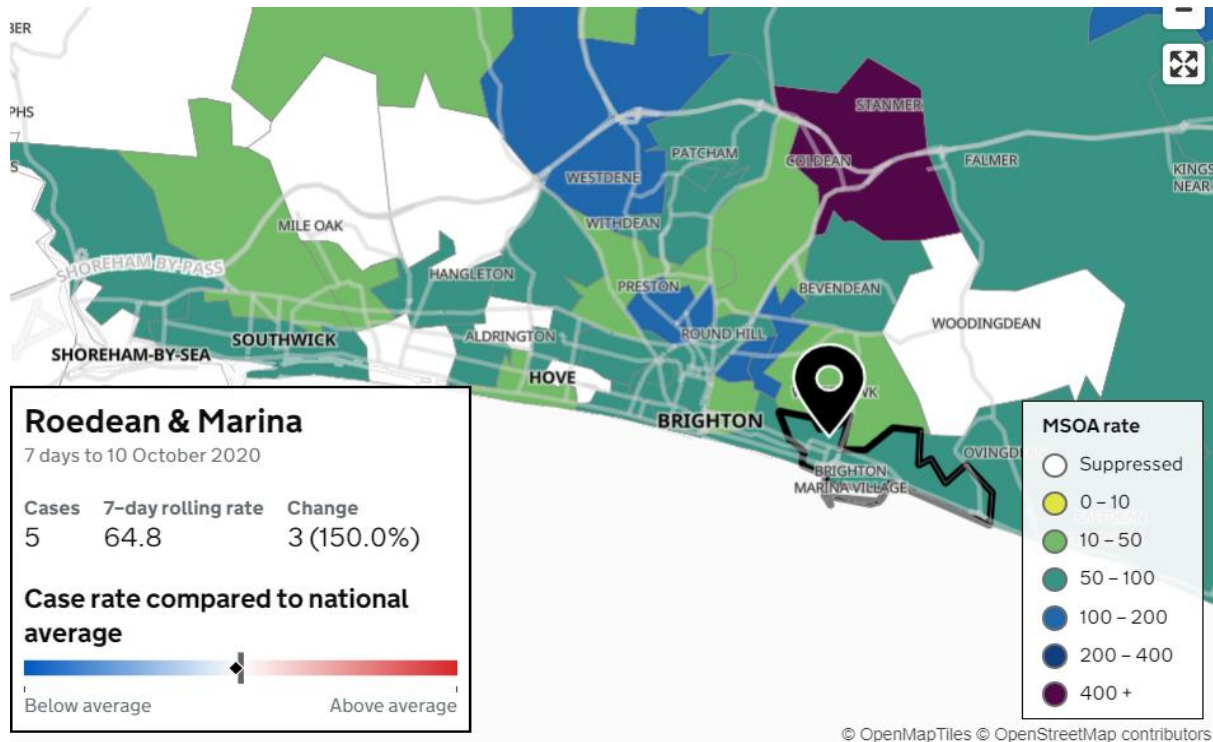
Fortunately, these numbers are not translating into an increase in death rates, which remains at [166](#).

The graphs below provide more detail.

## Where are the highest rates of infection in the city?

This government [map](#) displays weekly data, including seven-day case rates and direction of change ending on 10th October 2020

- This shows that the highest rates of infection are in the Stanmer/Coldean region with 400 or more cases per 100,000 people
- Preston Park, Westdene and Elm Grove areas have a rate of 200-400/100,000



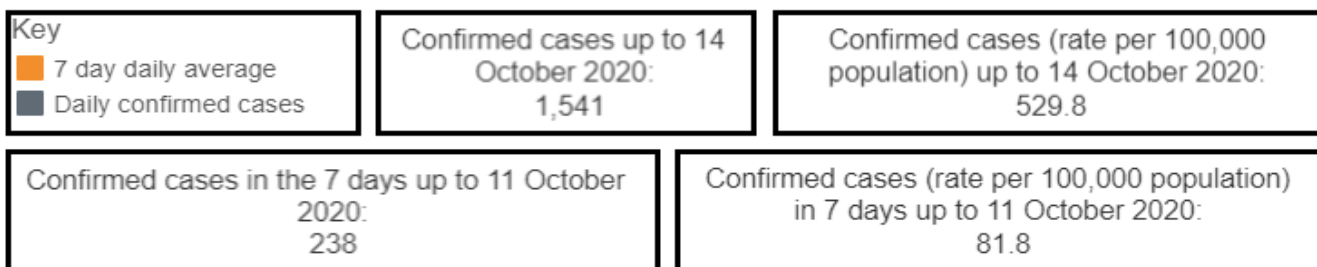
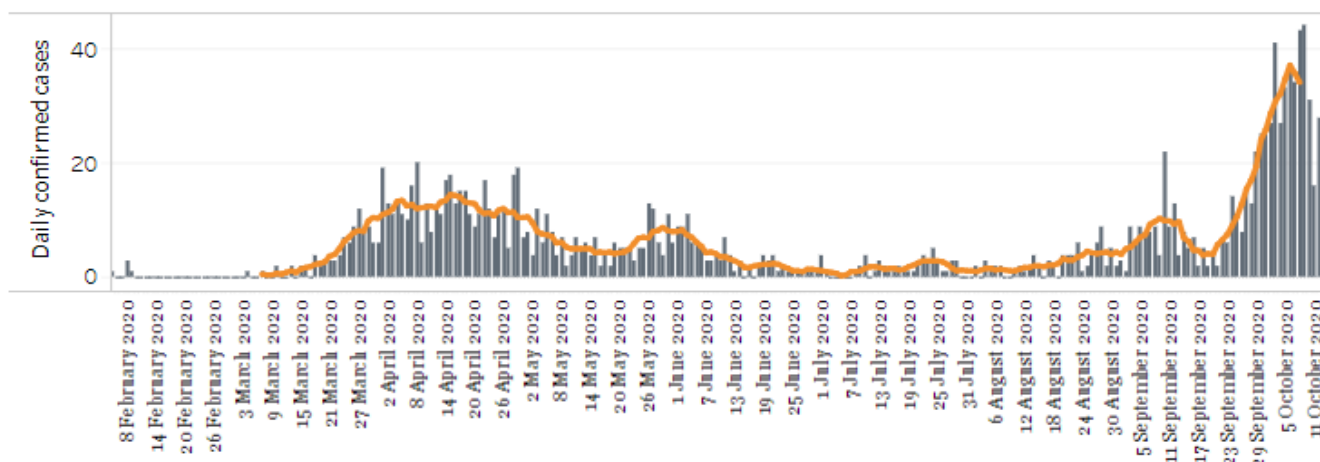
## Government data showing confirmed COVID-19 cases in Brighton and Hove:

Date	No of confirmed cases	Total number of confirmed cases
15.10.20	0	1,541
14.10.20	0	1,541
13.10.20	2	1,541
12.10.20	28	1,539
11.10.20	16	1,511
10.10.20	31	1,495
9.10.20	44	1,464
8.10.20	43	1,420
7.10.20	34	1,377
6.10.20	37	1,343
5.10.20	33	1,306
4.10.20	27	1,273
3.10.20	41	1,246
2.10.20	27	1,205
1.10.20	25	1,178
30.9.20	25	1,153

COVID-10 confirmed cases following a test conducted within the those carried out by commercial laboratories (data obtained from the [Brighton and Hove Council website](#)).



## Confirmed COVID-19 cases in Brighton & Hove



Most recent days subject to reporting delay. Last available data: 14 October 2020

### Deaths related to COVID-19 in the city

The number of deaths of Brighton & Hove residents where COVID-19 was recorded on the death certificate (yellow) is shown in the graph below (data obtained from the Brighton and Hove Council [website](#))

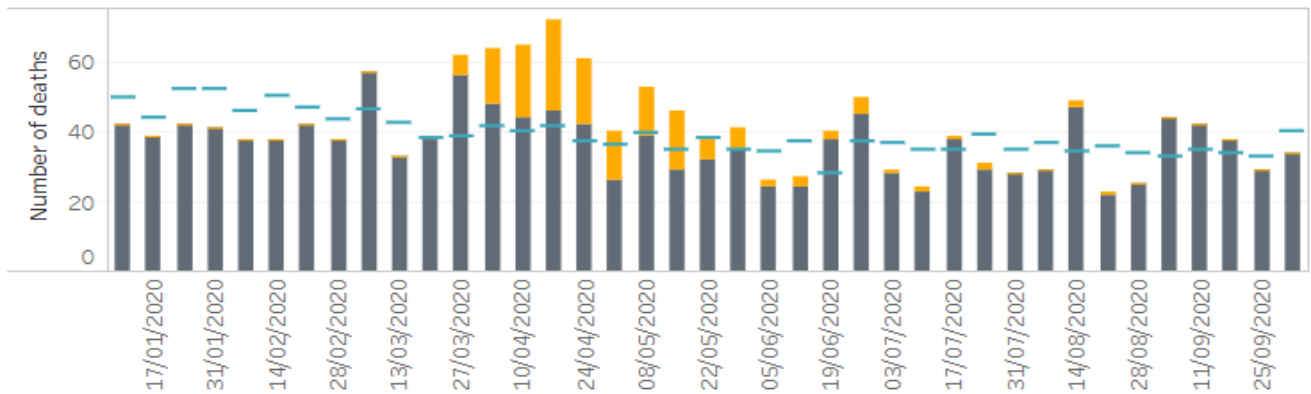
#### DEATH RATES in Brighton and Hove

As of 2nd October, the total number of deaths of Brighton & Hove residents where COVID-19 was recorded on the death certificate stands at 166 (recorded since February 2020). This are deaths which occurred up to 2<sup>nd</sup> October and registered up to 10<sup>th</sup> September 2020. In the last 7 days, there were no new deaths recorded.

The ONS has published an up-to-date [interactive map](#) which shows the number of deaths occurring in the period 1 March 2020 and 31 July 2020 and registered by 15 August 2020, where COVID-19 was mentioned as a cause on the death certificate. The results continue to show that the highest number of deaths has been recorded in the Woodingdean area of the city, with 16 deaths.



## Deaths in Brighton & Hove in 2020



**Legend**

- Covid deaths in week (2020)
- Non-Covid deaths in week (2020)
- 5-Year Average (2014-18)

Number of deaths recorded in 2020, up to 02 October 2020, with mention of COVID-19 on the death certificate:  
166

Number of deaths recorded in the week up to 02 October 2020, with mention of COVID-19 on the death certificate:  
0

Deaths shown occurred up to 02 October 2020 and were registered up to 10 October 2020.

### Deaths recorded by NHS Trusts

Brighton and Hove University Hospitals NHS Trust’s total number of deaths recorded by **Brighton and Sussex University Hospitals NHS Trust** since the beginning of the outbreak is 150. This data is published by [NHS England](#) and is available here: [COVID 19 total announced deaths 16 October 2020](#)

For interest (comparisons are not appropriate) other Sussex Trusts have recorded the following numbers of deaths:

- Brighton and Sussex University NHS Trust ..... 150
- East Sussex Healthcare NHS Trust ..... 101
- Surrey and Sussex Healthcare NHS Trust .....260
- Sussex Community NHS Foundation Trust .....18
- Western Sussex Hospitals NHS Foundation Trust .....127



## Data showing the numbers of deaths in Brighton and Hove where COVID-19 was mentioned on the death certificate

Week ending	No of confirmed deaths	Total number of confirmed deaths
27.8.20 - 2.10.20	0	166
21.8.20	1	166
14.8.20	2	165
6.8.20	0	163
31.7.20	0	163
24.7.20	2	163
17.7.20	1	161
10.7.20	1	160
3.7.20	1	159
26.6.20	5	158
19.6.20	2	153
12.6.20	3	151
5.6.20	2	148
29.5.20	6	146
22.5.20	6	140
15.5.20	17	134
8.5.20	14	117
1.5.20	14	103
24.4.20	19	89
17.4.20	26	70
10.4.20	21	44
3.4.20	16	23
27.3.20	6	7
20.3.20	1	1
10.1.20 - 13.3.20	0	0

## Data on COVID in care homes

The Office for National Statistics began publishing data on deaths in care homes in late July. The latest data was updated on 14<sup>th</sup> August and shows the ‘Number of deaths in care homes involving COVID-19 by date of notification to the Care Quality Commission, Local Authorities in England’.

For Brighton and Hove the number, as of 9<sup>th</sup> October, stood at 60 - this number has not increased. This is against a total of 166 COVID-related deaths in the city which occurred up to 2<sup>nd</sup> October and registered up to 10<sup>th</sup> September 2020 [This data is available on the Brighton and Hove website.](#)

### New three-tiered system of local COVID-19 alert levels in England

Every area of the country has been assigned a COVID-19 alert level of either Medium, High, or Very High. Each level has different rules regarding social contact, travel restrictions and closure of businesses (see table below). To discover what level the risk is in your local area visit the [Government website](#).

[Full list of local COVID alert levels by area](#) and [A postcode checker on gov.uk](#) will show which alert level applies in each area and the NHS Covid-19 app will also direct people to this information.

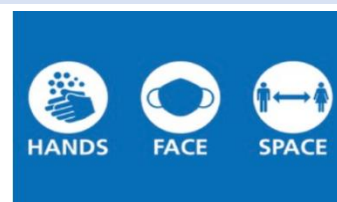
[Local COVID alert levels: what you need to know](#)

#### WHAT RESTRICTIONS WILL APPLY UNDER EACH LEVEL?

Medium	High	Very High
This is for areas where national restrictions continue to be in place. <a href="#">Find out more</a>	This is for areas where national restrictions continue to be in place. The following additional measures apply. <a href="#">Find out more</a>	This is for areas with a very high level of infections. Consultation with local authorities will determine additional measures. <a href="#">Find out more</a>
You must not socialise in groups larger than 6, indoors or outdoors (other than where a legal exemption applies)	You must not socialise with anybody outside of your household or support bubble in any indoor setting, whether at home or in a public place You must not socialise in a group of more than 6 outside, including in a garden or other spaces like beaches or parks (other than where specific exemptions apply in law)	You must not socialise with anybody you do not live with or have formed a support bubble with, in any indoor setting or in any private garden or at most outdoor hospitality venues and ticketed events You must not socialise in a group of more than 6 in an outdoor public space such as a park or beach, the countryside, a public garden, or a sports venue
Businesses and venues can continue to operate, in a COVID-secure manner, other than those that remain closed in law	Same	Pubs and bars must close; they can only remain open where they operate as if they were a restaurant, which means serving substantial meals, like a main lunchtime or evening meal, and they may only serve alcohol as part of such a meal
Certain businesses are required to ensure customers only consume food and drink while	Same	

seated, and must close between 10pm and 5am		
Businesses and venues selling food for consumption off the premises can continue to do so after 10pm as long as this is through delivery service, click-and-collect or drive-through	Same	
Schools and universities remain open	Same	Same
Places of worship remain open, subject to the <a href="#">rule of 6</a>		Places of worship remain open, but household mixing is not permitted
Weddings and funerals can go ahead with restrictions on numbers of attendees	Same	<a href="#">Weddings</a> and <a href="#">funerals</a> can go ahead with restrictions on the number of attendees; however, wedding receptions are not allowed
Exercise classes and organised sport can continue to take place outdoors, or indoors if the <a href="#">rule of 6</a> is followed	Exercise classes and organised sport can continue to take place outdoors; these will only be permitted indoors if it is possible for people to avoid mixing with people they do not live with or share a support bubble with, or for youth or disability sport	Exercise classes and organised sport can continue to take place outdoors; these will only be permitted indoors if it is possible for people to avoid mixing with people they do not live with (or share a support bubble with), or for youth or disability sport
-	You can continue to travel to venues or amenities that are open, for work or to access education, but should look to reduce the number of journeys you make where possible	You should try to avoid travelling outside the very high alert level area you are in or entering a very high alert level area, other than for things like work, education or youth services, to meet caring responsibilities or if you are travelling through as part of a longer journey
-	-	You should avoid staying overnight in another part of the UK if you are resident in a very high alert level area, or avoid staying overnight in a very high alert level area if you are resident elsewhere

## Updated guidance for those who are 'clinically extremely vulnerable' to COVID-19



With the introduction of the three COVID-19 alert levels, the guidance has been updated for those that are 'clinically extremely vulnerable'. Whilst shielding is not being reinstated automatically, there are different steps for people to take at each alert level. If people are required to formally shield again, the Government will write to those concerned. Healthwatch England produced advice [here](#).

## Wider impacts of COVID-19

In this section we have provided several articles or publications which describe the effects that COVID-19 has had on society. These primarily relate to health and social care, but some go wider.

(a) [Coronavirus and the social impacts on Great Britain: 25 September 2020](#)

(b) [Wider impacts of COVID-19 on health monitoring tool](#)

National monitoring tool that brings together metrics to assess the wider impacts of coronavirus (COVID-19) on health

## Government COVID data

### COVID-19 national data

[Largest testing study for coronavirus publishes latest findings](#)

Findings show 1 in 170 people in England had the virus between 18 September and 5 October, with 45,000 new infections every day.

### National COVID-19 surveillance reports

These reports provide a [weekly summary](#) of findings monitored through various COVID-19 surveillance systems. They display the following data:

- National and regional rates of infection
- Recorded death rates within 28, and 60 days
- Deaths by ethnicity
- Testing levels and results
- Hospital admissions

## Excess mortality in England: weekly reports

[Weekly excess mortality in England](#) broken down by age, sex, region, ethnic group, level of deprivation, cause of death and place of death.

In the South East, from 20<sup>th</sup> March up to 2<sup>nd</sup> October, there were 8,182 excess deaths recorded of which 7,476 (91.5%) were attributed to COVID-19.

### Death rates

There are 2 definitions of a death in a person with COVID-19 in England, one broader measure and one measure reflecting current trends:

- 1) A death in a person with a laboratory-confirmed positive COVID-19 test and died within (equal to or less than) 28 days of the first positive specimen date.
- 2) A death in a person with a laboratory-confirmed positive COVID-19 and either: died within 60 days of the first specimen date or died more than 60 days after the first specimen date, only if COVID-19 is mentioned on the death certificate

Coronavirus deaths and cases give a sense of the spread of the epidemic. Deaths are counted where a lab-confirmed positive coronavirus test result is reported in any setting. This means that not all deaths reported here are caused by coronavirus.

In England, as of 15<sup>th</sup> October, the **number of deaths** of people who had had a positive test result for COVID-19 and died within 28 days of the first positive test stood at 43,293. The rate per 100,000 people was 68.2.

Data on death rates are published on the [daily dashboard](#). Additional data is available here: [Coronavirus cases in the UK: daily updated statistics](#)

### (a) Infection levels

The data reveals that as of 15<sup>th</sup> October the **total number of lab-confirmed UK cases of COVID-19 stood at 673,622**. This is the total number of people who have had a positive test result. This number has been increasing since July.

For up-to-date numbers of coronavirus (COVID-19) cases and risk in the UK, click [here](#). You can also view the [coronavirus dashboard](#) which is updated daily.

### (b) R-number and growth rates

[Last updated on Friday 16<sup>th</sup> October 2020](#)

The latest R estimate for the UK is between 1.3 - 1.5 and the growth rate for the whole of the UK is between +4% to +7%.

An R number between 1.3 and 1.5 means that on average every 10 people infected will infect between 13 and 15 other people.



A growth rate between +4% and +7% means the number of new infections is growing by 4% to 7% every day.

The UK estimates of R and growth rate are averages over very different epidemiological situations and should be regarded as a guide to the general trend rather than a description of the epidemic state.

For the South East, the latest R number range is 1.3 - 1.5, whilst the latest growth rate range for the South East is +5% to +8%. Data is not available at Local Authority level.

### What do these numbers mean?

**The reproduction number (R)** is the average number of people one person who is infected with COVID-19 may go on to infect. A high R number implies the transmission rate from person to person is increasing, a low number means it is declining. The R number range for the UK implies the transmission rate is increasing (for up-to-date numbers of coronavirus (COVID-19) cases and risk in the UK, click [here](#)). Brighton and Hove Council has previously confirmed that it is not possible to calculate meaningful R values at a very local level.

**The growth rate** reflects how quickly the number of infections is changing day-by-day. If the growth rate is greater than zero (+ positive), then the disease will grow, and if the growth rate is less than zero then the disease will shrink. The size of the growth rate indicates the speed of change. A growth rate of +5% will grow faster than one with a growth rate of +1%. Likewise, a disease with a growth rate of -4% will be shrinking faster than a disease with growth rate of -1%. The current growth rate for the UK implies that infection rates are increasing.

### (c) Test and trace

You can access data here from the [NHS Test and Trace \(England\) and coronavirus testing \(UK\) statistics: 1 October to 7 October 2020](#)

New figures show that the number of people testing positive increased by more than 35,000 during the first week of October.

NHS test and trace statistics (England) weekly reports are also available [here](#).

- Since NHS Test and Trace launched (28th May - 23rd September):
- 89,874 people tested positive for coronavirus (COVID-19) at least once in England between 1 October and 7 October. Positive cases have been rising steeply over the past 6 weeks and in the latest week there has been an increase of 64% compared to the previous week. 6.3% of people tested had a positive result, this rate has been increasing since the end of August.
- 1,425,644 people were tested at least once for COVID-19, a 12% increase from the previous week.
- Turnaround times for pillar 2 (swab testing for the wide population) have become shorter for all in-person testing routes compared to the previous

week. In the most recent week, 67.9% of in-person tests results were received the next day.

- 87,918 people were transferred to the contact tracing system between 1<sup>st</sup> October and 7<sup>th</sup> October. The number of people transferred has been increasing steeply since the end of August.
- Of those transferred to the contact tracing system between 1<sup>st</sup> October and 7<sup>th</sup> October, 76.8% were reached and asked to provide information about their contacts. This has declined since the beginning of September but increased slightly compared to the previous week.
- 216,627 people were identified as coming into close contact with someone who had tested positive between 1<sup>st</sup> October and 7<sup>th</sup> October. For those where communication details were available, 76.9% were reached and asked to self-isolate.

#### (d) Testing for COVID-19

This link to the [government website](#) explains all you need to know about how to get a test. More information explaining how Test and Trace works can be found [here](#). [The council has updated their advice about obtaining a test for COVID-19](#)

### Government announcements

The current situation means that new guidance is being issued daily. Below we have provided links to some announcements which may be of interest.

[Coronavirus outbreak FAQs](#): Frequently asked questions on what you can and cannot do during the coronavirus outbreak.

[Prime Minister announces new local COVID Alert Levels](#)

[Local restrictions: areas with an outbreak of coronavirus \(COVID-19\) and Local COVID alert levels: what you need to know](#)

[COVID-19: guidance on shielding and protecting people defined on medical grounds as extremely vulnerable](#)

[Clinically extremely vulnerable receive updated advice tailored to local COVID alert levels](#)

[Coronavirus \(COVID-19\): safer travel guidance for passengers](#)

[Coronavirus \(COVID-19\): travel corridors](#)

[Deaths due to COVID-19 compared with deaths from influenza and pneumonia](#)  
[Coronavirus and the latest indicators for the UK economy and society: 15 October 2020](#)

[Visiting care homes during coronavirus](#)

## F. Healthwatch Brighton and Hove information and advice

The following Healthwatch COVID-19 guides are available (these are being regularly updated):

[COVID-19 webpage](#)

[Answers to Frequently Asked Questions](#)

[Maternity and pregnancy advice and information](#)

Top tips for [staying active and looking after your mental health](#).

Guides which provide information about:

- visiting a [dentist](#)
- [seeing a GP](#)
- [collection of prescriptions](#)

**Plus, accessibility resources to help you communicate about COVID-19:**

- **NEW:** [Beyond Words is providing free picture stories and illustrated guides to support people with learning disabilities and autism through the coronavirus pandemic](#)
- A series of videos aimed at encouraging people to continue to use health services if they are unwell. They are available in [English](#), [Arabic](#), [Farsi](#), [Kurdish](#) and [Sylheti](#).
- [Resources from Learning Disability England](#)
- [Signhealth has made their InterpreterNow remote BSL interpretation service available for free across all healthcare services](#)
- [Signhealth is providing a video of summaries of key coronavirus guidance in BSL](#)
- [Signhealth advice for testing](#)
- [Public Health England stay at home guidance](#), translated and in easy read
- [NHS guidelines translated into up to 50 languages by Doctors of the World](#) and find video advice [here](#)
- [Easy read information on COVID-19](#) from Mencap  
[About the NHS Test and Trace scheme](#)  
[What to do if you are contacted by NHS Test and Trace](#)  
The NHS have also created [easy read posters like this](#) so people know when and how to get a test for coronavirus.
- [Public Health England resources](#) in accessible formats
- [COVID-19 guidance for providers of services for people experiencing rough sleeping](#)
- The [handwashing rap](#), produced to help people who have a learning disability



**Join us**

You can sign up to receive regular bulletins and information from Healthwatch.

Please email [office@healthwatchbrightonandhove.co.uk](mailto:office@healthwatchbrightonandhove.co.uk)

**Share your experiences of health and social care services with us:**

[office@healthwatchbrightonandhove.co.uk](mailto:office@healthwatchbrightonandhove.co.uk)

01273 234040

**Follow us**

Facebook @healthwatchbrightonandhove

Twitter @HealthwatchBH

Instagram healthwatchbh

Website: [www.healthwatchbrightonandhove.co.uk](http://www.healthwatchbrightonandhove.co.uk)

**Volunteer for us** If you would you like to get involved and help make a positive difference, then we offer a variety of roles. For more information [click here](#).