



District News: Latest Covid-19 data, Get a test, Self-isolation support payment + more

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Latest Covid-19 data for Essex

The latest Covid-19 data available shows a continued decline in case rates across Essex.

In the seven days to 28 January, there were 4,400 confirmed cases in Essex. The weekly case rate for Essex was 295.4 per 100,000 people. Uttlesford's case rate was 208.1 per 100,000.

It is vital that everyone continues to adhere to the guidance, works from home if possible, and follows the rules of [hands, face, space](#).

- ▶ [See a breakdown of the latest Covid data for Essex](#)
- ▶ [Get the latest Covid news and statements from Essex County Council](#)

Get a fast Covid-19 test

If you haven't got Covid-19 symptoms, find out if you are safe by getting a fast test at a centre near you. Around 1 in 3 people with Covid-19 do not have any symptoms.

These tests are fast, easy, local and free and available to anyone in Essex who is not showing symptoms of Covid-19. If you're leaving home to go to work, getting tested can give you peace of mind.

It usually only takes 30 minutes to get your result and you can choose whether to get tested near home or work.



- [Book a test on the Essex County Council website](#)

However, if you do have symptoms of Covid-19, you should [book a test on GOV.UK](#).

Apply for a self-isolation support payment

There are two self-isolation support schemes available to Essex residents, both offering a £500 payment for the 10-day self-isolation period.

If you don't qualify for the government self-isolation payment, you may be eligible under the discretionary criteria of the Essex scheme.



These schemes can help support you while you self-isolate.

- [Find out how to apply for a self-isolation support payment](#)
-

How to treat coronavirus symptoms at home

The [Mid and South Essex Health and Care Partnership](#) has published some useful advice on how to treat your symptoms at home. See the poster below or click on the image to find out more on how to treat symptoms at home.

Remember, if you have symptoms or test positive for coronavirus, you and your household must self-isolate and not leave your home.

HOW TO TREAT CORONAVIRUS SYMPTOMS AT HOME

TEMPERATURE



- ✓ Get lots of rest.
- ✓ Drink plenty of fluids (water is best) to avoid dehydration - drink enough so your pee is light yellow and clear.
- ✓ Take paracetamol or ibuprofen if you feel uncomfortable.



COUGH



- ✓ Lie on your side or sit upright instead. **Avoid lying on your back.**
- ✓ Try having a teaspoon of honey to help ease a cough. But do not give honey to babies under 12 months.

If this does not help, ask a non-isolating friend or family member to seek advice from a pharmacist on your behalf.

BREATHLESS



- ✓ Keep your room cool. Try turning the heating down or opening a window. **DO NOT use a fan as it may spread the virus.**
- ✓ Try breathing slowly in through your nose and out through your mouth, with your lips together.
- ✓ Sit upright in a chair relaxing your shoulders.
- ✓ Lean forward slightly - support yourself by putting your hands on your knees or on something stable like a chair.

Try to stay calm if you're feeling breathless. Anxiety can make it worse.

Call 999 for an ambulance if you or someone you care for:

- are struggling to breathe
- are coughing up blood
- have blue lips or a blue face
- feel cold and sweaty, with pale or blotchy skin
- have a rash that does not fade when you roll a glass over it
- collapse or faint
- become confused or very drowsy
- have stopped peeing or are peeing much less than usual

Tell the operator you might have coronavirus symptoms.

DO NOT GO TO A PHARMACY

If you or someone you live with has coronavirus symptoms, you must all stay at home.

If you're concerned about your symptoms and need medical advice, use the **NHS 111 online coronavirus service**.

New vaccine information website

A new Covid-19 vaccination website, which provides the latest information on the programme in Essex, has gone live.

► [Go to the Covid-19 vaccine information website for Essex](#)

Be alert to vaccine fraud

Criminals are using the Covid-19 vaccine as a way to target the public by tricking them to hand

over cash or financial details. They are sending convincing-looking text messages letting people know they are eligible for the vaccine or phoning people directly pretending to be from the NHS or local pharmacy.

The NHS will:

- **NEVER** ask for payment – the vaccine is free
- **NEVER** ask for your bank details
- **NEVER** arrive unannounced at your home to administer the vaccine
- **NEVER** ask you to prove your identity by sending copies of personal documents such as your passport

If you or someone you know is vulnerable and has been a victim of fraud, please call Essex Police on 101.

Report fraud or attempted fraud by contacting [Action Fraud](#) or call 0300 123 2040.

Green Homes Grant

You may be eligible for funding of up to £10,000, through the Green Homes Grant scheme to make energy efficiency improvements to your home if you:

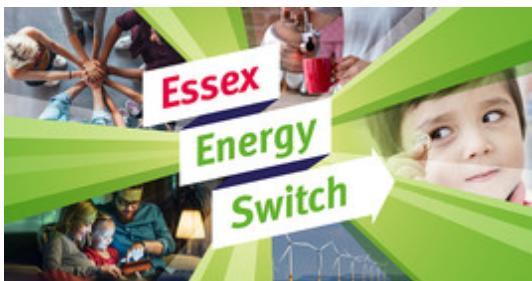


- own or privately rent your own home
- are receiving benefits
- have a household income of less than £30,000
- have an Energy Performance Certificate rating of E, F or G

The funding is available on a first-come, first-serve basis and will run until the 31 March 2021.

► [Get more information and how to apply](#)

Make the switch today



There are only a few days left to register for the Essex Energy Switch. See how much you could be losing by not switching energy providers.

It's quick and easy to register and saves you hunting around for the best deals.

► [Register for the Essex Energy Switch now](#)

Sign up for the garden waste collection service

The [Garden waste collection service](#) is for residents of Uttlesford only and will cost £46 for 2021-22.

Find out how you can order a new or replacement garden waste bin and set up regular garden waste collections.

► [Sign up now](#)



Survey: Have your say on waste and recycling



Be in with a chance of winning one of 10 amazing eco hampers – they're filled with goodies to help you reduce your waste.

The Environment and Climate Action team at Essex County Council wants to hear your views on waste and recycling – good or bad! Simply click the link below and fill out the short survey for your chance to win. Terms apply.

► [Take part in the survey](#)

Don't let your cooking turn into a kitchen nightmare

This February, Essex County Fire and Rescue Service is urging everyone to stay safe while cooking at home to avoid having a kitchen nightmare.

Each year cooking causes more accidental fires in the home than anything else. And it's not just kitchens that are being destroyed – cooking-related fires tend to result in the most injuries and the second most fatalities.



► [Avoid a kitchen fire by following this simple safety advice](#)

HM Government

NHS

Act like you've got it

You don't need symptoms to have coronavirus

HANDS FACE SPACE

Uttlesford District Council



www.uttlesford.gov.uk



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