



Cost of living, COVID-19, flu and winter issues

Wednesday 8 March 2023

Infection Trends



We are continuing to see an increase in norovirus cases, especially in those who are over 65 but also amongst children.

COVID-19 rates are remaining fairly stable locally and nationally. 46 people are currently in our hospitals and less than five people in the ICU.

Flu has continued to decrease.

Advice and Guidance



If you have symptoms of norovirus, including vomiting and diarrhea, it's important to:

- stay at home until 48 hours after your symptoms clear
- stay hydrated
- protect others by not going to school, work or visiting care homes or hospitals.
- wash your hands regularly with warm water and soap.

Key Messages



Over-75s and those with weakened immune systems will be offered a further dose of the COVID-19 vaccine this spring.

The vaccine offers the best protection against the virus and helps to reduce the risk of becoming seriously ill or hospitalised. But immunity wanes over time so it is important to top it up by getting a booster if you are eligible.

The NHS will plan to begin offering spring boosters to eligible members of the public from 17 April 2023 with vaccination in care homes beginning slightly earlier 3 April 2023. The last date for the public to book spring boosters will be 30 June 2023. The NHS will let those eligible know when they can be offered the vaccine. Please wait to be contacted by the NHS if you believe you are eligible.

Useful sources of information

More info on COVID-19 boosters - www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/how-to-get-a-coronavirus-vaccine/how-to-get-a-booster-dose/