



# Stay Safe, Protect Bucks

Key message update for Community Boards  
June/July 2021



- If you're meeting with family and friends, please continue to remember the rule of 6 or two households indoors, or up to 30 people outside
- Please continue to protect your loved ones – remember hands, face, space and fresh air to help stop the spread
- Regular testing will help us to control emerging variants. Rapid/ Lateral Flow Testing is only for people who are displaying no symptoms and can be done either at home or at a test centre
- If you have symptoms or if your LFT result is positive, you must self isolate immediately and arrange for a PCR test as soon as possible

# COVID-19 vaccination update

## Who can get the vaccine?

- All adults **aged 18 and over** can now get the COVID-19 vaccine. [Book online here](#) or call free 119
- Anyone **aged 18 - 39 will be offered an alternative vaccine to AstraZeneca**. Currently these vaccines are Pfizer or Moderna. Anyone in this age group should expect to wait between **8-12 weeks between doses**.
- If you are **aged 40 and over, or in an at risk group ([cohorts 1-9](#))**, you will receive the **AstraZeneca vaccine** and can expect an **8 week gap between doses** unless otherwise advised by a clinician.
- You will have the **same vaccine for both doses**.

# How you can get the vaccine in Bucks?

- You can get a vaccine via your **GP, pharmacy** or at the **Mass Vaccination Centre** at Stoke Mandeville Stadium, Bowls Centre. You can find out more about where you can get a vaccine on the [council webpage](#). As you know there is a huge drive now across the country to get as many people vaccinated before the 19 July. Getting fully vaccinated with both doses is really important now as variants pose a risk. The latest data shows how being vaccinated can really help lower the risk of hospitalisation and serious illness or death if you do manage to contract the virus.
- Over the next month or so **some GPs are stopping vaccinating** as they return to normal practice work. This is because they were only ever due to vaccinate those most at risk in Phase 1 of the vaccine rollout.
- **Pharmacies are going to take over vaccination** in many of these areas.
- There are also a number of **drop-in clinics** popping up across the county. These allow eligible people to just **turn up without appointment** and get vaccinated with either their 1<sup>st</sup> or 2<sup>nd</sup> dose. [Bucks CCG updates webpage](#) is the best place to find out where clinics are planned and also for all other vaccine news



- Starting **Friday 2 July Health on the Move** vans will be rolling out 7 days a week across the Bucks, Oxon and Berks (BOB) region. They will be initially visiting key areas in the county where take up is low and to make it easier for people to access vaccines. Initially people will need to book a slot via the National Booking System, but we will swiftly be moving to a drop-in model once more established.
- You can help us by sharing the links to the webpage where the weekly van schedule will eventually sit - it will be on the [CCG webpage](#)
- The Health on the Move vans will offer other outreach health provision: Health Checks, flu vaccination etc. and the testing team will also be linking up to offer advice and support to people who come along for a vaccine.

## Other vaccine news

- Finally, the new **Vaccine Voices** training is starting next week. This is a **90-minute online training session** for anyone keen to **share the benefits of vaccination within their communities**.
- We hope to get lots of different people to sign up and act as advocates across the county and with lots of support and advice in the form of a toolkit and the training session, we hope to really build up trust and an good ear at a ground level. Please email me for more info and details on how to share.