

District/County Councillor Report – Fran Whymark

Unfortunately Covid still dominates our lives. I have just heard that the Prime Minister will be making an address tonight, so life could change once again. As you can see the cases have increased (and are continuing to increase) very rapidly across Norfolk and Broadland. The latest figures (31/12/20) show that there are 430 people being treated for Covid-19 in hospitals across Norfolk and Waveney compared to 362 at the same point the previous week. The seven-day incidence of the virus in Norfolk for the week up to Christmas Day was 251 per 100,000 up from 200 the previous week.

Norfolk's Director of Public Health, Dr Louise Smith said: "With the new vaccines there is hope on the horizon.

But infection rates are at unprecedented levels in Norfolk, as they are across the country. There is growing demand in our three acute hospitals and across the county's social care settings. The increasing number of cases is across all ages and we know around one in three people who have Covid-19 don't have any symptoms, but can still pass it on. So, the steps we take now are critical. We must continue to play our part and do everything we can to keep ourselves and our friends and family as safe and well as possible to reduce the spread of the virus and support our local NHS services."

Dr Anoop Dhesi, a practicing GP at Staithe Surgery in Stalham and Clinical Chair for NHS Norfolk and Waveney Clinical Commissioning Group (CCG) said: "We have seen an amazing effort from all those involved in rolling out the vaccine - both our NHS staff and community volunteers. But please be patient and wait until you are contacted to come for your vaccination – do not phone or turn up at your GP practice or local hospital as they can only provide the vaccination by appointment. Coronavirus infection rates and hospital admissions are now higher than they were in the first wave. We are asking everyone to follow the local Tier 4 guidance and stay well by continuing to wash our hands, cover our face, and keep two metres apart. This is crucial to avoid more hospital admissions and losing more lives to this virus. If you have an urgent medical need but are unsure what to do, please call 111 first. They can signpost you to the most appropriate service and can even make an appointment for you if you need to be seen urgently."

Click on these links to find out how best to treat Covid-19 symptoms at home and what to do if symptoms worsen:

- [How to treat coronavirus \(COVID-19\) symptoms at home - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/coronavirus/covid-19/symptoms-at-home/)
- [What to do if coronavirus \(COVID-19\) symptoms get worse - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/coronavirus/covid-19/symptoms-get-worse/)

For tips on how to stay well click here: [How to stay well in winter - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/coronavirus/covid-19/stay-well/)

District statistics

Rates per 100,000 for the week to Christmas Day (previous week in brackets):

- Breckland: 231 (167)
- Broadland: 284 (221)
- Great Yarmouth: 213 (198)
- King's Lynn and Norfolk: 258 (225)
- North Norfolk: 214 (153)
- Norwich: 275 (256)
- South Norfolk: 261 (168)

Outbreaks (2 or more unconnected people)

- Care providers: 67
- Businesses: 38
- Education: 42
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Stay safe and take care of each other. Please heed the advice of Public Health and medical professionals.