



Covid-19 - update

We need your help to get on top of the virus

Cases of Covid-19 are rising in this area. Malvern Hills District has seen some of the sharpest increases in the West Midlands region.

At the start of December the rate was 65 per 100,000 in our district and as of 8 January it was 263 per 100,000.

You can now see the daily Covid-19 figures for yourself on the [Worcestershire County Council dashboard](#).

Our local NHS is currently under significant pressure. That's why we need you to take action now to help us get on top of the virus by staying at home and following the national lockdown rules for England.

[Read the national lockdown rules](#)

[Download the national lockdown rules on a page poster](#)

[Download our Covid-19 advice leaflet](#)



Dr Kathryn Cobain, Director of Public Health for Worcestershire, said: "I am concerned about this level of spread, and the risk it poses to our health and the lives of our vulnerable and elderly residents. We need to act now to protect one another, prevent the virus spreading further and reduce the demand on our hospitals."

[Read Dr Cobain's message to Worcestershire residents in full.](#)



Cllr Sarah Rouse Leader of Malvern Hills District Council, added: “We all hoped we wouldn't be in this position again but the situation is serious and if we don't all take action now to follow the rules and reduce our social contacts there is a real risk our NHS will be overwhelmed and this sadly will lead to unnecessary deaths.”

[Read Cllr Rouse's message to residents in full.](#)

The good news is the Covid-19 vaccine has begun to be rolled out to people in our district which offers us all hope for the future. Please do not contact your local GP or NHS hospital asking when you will receive the vaccine. You will be contacted when it is your turn.

[Read more about the Covid-19 vaccine.](#)

[The use of a third Covid-19 vaccine in the UK has also been approved.](#)

The police are also warning about fraudsters targeting people eligible for the vaccine by trying to trick them into handing over their bank details.

It starts with a text message asking people to click a link to fill in a form to claim the vaccine. It then asks for bank details. This should set alarm bells ringing as the vaccine is free. In another version of the scam, people are cold called and asked for money.

[Read more about fraudsters and the Covid-19 vaccine.](#)

Advice for the clinically extremely vulnerable

The Government has asked people who are clinically extremely vulnerable to start to shield again. If this applies to you, you should have received a letter, or will receive one shortly, telling you what you need to do.

[Read the guidance for those who are clinically extremely vulnerable.](#)

Help accessing food and essential supplies

If you need help getting food, medicines or essential supplies then please visit www.malvern hills.gov.uk/coronavirus to find out how to access help and support.

Advice on self-isolating

If you have symptoms of Covid-19, even though we need to stay at home now, it is still really important you self-isolate immediately and get a test by calling 119 or going online. Self-isolating is different to staying at home.

[Read advice on how to self-isolate.](#)

Impact on our services

Our public toilets and playgrounds are open.

We have a plan in place to maintain essential services, like waste and recycling collections, but some disruption is possible. We will let you know if any changes to services have to be made.

You can also find the latest information at www.malvern hills.gov.uk/coronavirus

Financial support

Visit www.malvern hills.gov.uk/moneyadvice for help and support managing your money during this challenging period.

Support for your health and wellbeing

Even though times are tough at the moment, it is really important you continue to look after your mental and physical health and wellbeing.

[Every Mind Matters](#) has various tools to help you support your mental wellbeing.

If you are [dealing with difficult feelings about the pandemic](#) then the charity Mind has help and support available.

The Government has also published [a guide to looking after your mental wellbeing during the pandemic](#) on its website.

If you are looking to lose weight and get active then the [NHS Better Health website](#) has links to a range of online workouts and other tools to help you.

We are also running [virtual classes to look after your health and wellbeing during lockdown.](#)

Remember, despite the severe pressure the NHS is under, you should still contact them if you need them and not just for Covid-19 related conditions. You can speak to your pharmacist, use the NHS 111 service or contact your GP. In a life-threatening emergency you should call 999.

Things to do at home

Some suggestions of things you can do while you are staying at home.

- Worcestershire libraries are still offering a reserve and collect service for books and you can also join the digital hub and download free e-books. [Find out more about using Worcestershire's libraries during the Covid-19 pandemic.](#)
- You can take a virtual tour of museums, hang out with animals and even watch live theatre from the comfort of your own home. Check out the [Visit England virtual tour page.](#)
- Host a virtual escape room or murder mystery night for Macmillan Cancer Support and raise money for a worthy cause. [Find out more about hosting a virtual Games Night In for Macmillan.](#) Other escape rooms and virtual games events are available either free or for a charge. Try searching online.
- Learn a new skill. The Government has created an [online Skills Toolkit](#) with free online courses. It is encouraging everyone to set aside an hour a week during 2021 to improve their skills and boost their future job prospects.