



Monthly Newsletter



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Welcome

Welcome to our Christmas newsletter. We'd like to begin by wishing all our readers a very Merry Christmas and a Happy New Year.

This newsletter is dedicated firstly to a concise version of the Government's Christmas "bubble" rules, to help you manage your celebrations as safely as possible.

Secondly, we update you on the Coronavirus vaccine, which has already reached a third of a million people in the UK and promises to make our lives a little more "normal" and recognisable again very soon.

Government's Christmas Coronavirus Rules

On Christmas day, 25 December, Calderdale's coronavirus restrictions will be eased to allow people to mix with a slightly wider circle of family and friends. The rules allow people to form "bubbles" of three households on that one day only. The three households in a "Christmas bubble" can mix indoors but not stay overnight. Bubbles can meet each other in each other's homes; at a place of worship; in an outdoor public space or garden.

What are the rules for Christmas bubbles? Households in your Christmas bubble can't bubble with anyone else. You cannot mix with your Christmas bubble in hospitality settings, such as pubs/restaurants, or at entertainment venues.

What if I'm already in a support bubble? If you have already formed a support bubble with another household, that counts as one household, so you can join with two other households in a Christmas bubble.

What If I'm self-isolating? People who are self-isolating should not join a Christmas bubble. If someone tests positive or develops coronavirus symptoms up to 48 hours after the Christmas bubble last met, everyone has to self-isolate.

Meeting people not in your bubble: You can meet people not in your bubble, but only outside the home in suitable places such as parks, beaches, open countryside and playgrounds.

Can all my children come home for Christmas? Under-18s whose parents live apart can join two Christmas bubbles, so they can see both parents without being counted as part of another household. University students who travel home will be counted as part of their family household straight away. But if a family has three or more grown-up children not at university, they cannot all form a Christmas bubble with their parents.

Stopping the spread on Christmas Day: When seeing your Christmas bubble, you should keep taking steps to reduce the spread of the virus. This includes meeting outdoors where possible, ensuring indoor spaces get as much fresh air as possible, making space between members of different households wherever you can, washing your hands regularly and for 20 seconds, and following rules on self-isolation if you develop symptoms or test positive for coronavirus.

What if I'm clinically vulnerable? If you are in an existing household or support bubble with someone who is clinically extremely vulnerable, think carefully. To help reduce the risks to their health, the safest approach would be to celebrate with your household or support bubble and not with others.

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Coronavirus Vaccine FAQs

The Coronavirus vaccine is now being rolled out in Calderdale and naturally many people have questions about the process and the vaccine itself. Please don't contact the NHS to seek a vaccine; they will contact you. When the NHS contacts you, please attend your vaccination appointments. Please continue to follow all the guidance to control the spread of the virus.

How will patients be invited for a vaccination? When it is the right time people will receive an invitation to come forward. For most people this will be in the form of a letter either from their GP or the national booking system; this will include all the information they need, including their NHS number.

Is the NHS confident the vaccine is safe? Yes. The NHS will not offer any Covid-19 vaccinations to the public until experts have signed off that it is safe to do so. The MHRA, the official UK regulator, have said this vaccine is very safe and highly effective, and we have full confidence in their expert judgement and processes.

How long does the vaccine take to become effective? The COVID-19 vaccination will reduce the chance of your suffering from COVID-19 disease. You may not be protected until at least seven days after your second dose of the vaccine.

Why is it important to get your COVID-19 vaccination? The COVID-19 vaccine should help reduce the rates of serious illness and save lives and will therefore reduce pressure on the NHS and social care services.

Is the vaccine vegan/vegetarian friendly? Yes, the Pfizer vaccine does not contain any meat derivatives or porcine products.

Who cannot have the vaccine? The COVID-19 vaccination is not recommended for women who are pregnant. People who are suffering from a fever-type illness should also postpone having the vaccine until they have recovered.

Is the NHS confident the vaccine will be safe? Yes. The NHS would not offer any COVID-19 vaccinations to the public until it is safe to do so. As with any medicine, vaccines are highly regulated products. There are checks at every stage in the development and manufacturing process.

I'm currently ill with COVID-19, can I get the vaccine? People currently unwell and experiencing COVID-19 symptoms should not receive the COVID-19 vaccine until they have recovered. People who have recovered from the virus should receive the COVID-19 vaccine when it is their time to do so.

Are there any known or anticipated side effects? Like all medicines, vaccines can cause side effects. Most of these are mild and short-term, and not everyone gets them. Even if you do have symptoms after the first dose, you still need to have the second dose. You may not be protected until at least seven days after your second dose of the vaccine. Very common side effects include: Feeling tired, Headache, General aches, or mild flu like symptoms.

How many doses of the vaccine will be required and when? You are required to have two doses of the COVID-19 vaccine, 21 days apart. You may not be protected until at least seven days after your second dose of vaccine.

I have had my flu vaccine, do I need the COVID-19 vaccine as well? The flu vaccine does not protect you from COVID-19. As you are eligible for both vaccines you should have them both, but normally separated by at least a week.

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