

11th December 2020

Weekly News and Keeping Well Tips

Inclusion North will give you the Government's big messages each week here.



Coronavirus Vaccine

A vaccine is an injection to stop you getting Coronavirus.



The vaccine has been tested, and is safe and works well.

The first people in the UK have had the vaccine against Coronavirus this week.



The first person to be given the Coronavirus vaccine was a 91 year old woman.

She was very happy about getting it.



Please don't ring your Doctors Surgery to ask for the vaccine.



You will be contacted by the Government or NHS England when it is your turn to have the Coronavirus vaccine.

Who will get the vaccine first?



The government has asked Health Experts to make a list of the people who should get the vaccine first.

This is based on who is most at risk of being very ill if they catch Coronavirus.



- Older people living in residential care homes and the people who work with them, or work in hospitals will get the vaccine first



- Then anyone over 80 years old



- Then anyone over 75 years old

- Next will be anyone over 70 years old



- Anyone who is over 16 who has been told they should be shielding.

Adults with Down's Syndrome are in this group



- Next will be people over 65 years of age

and

- Younger adults who live in residential homes and people who help care for elderly or disabled people





- Then people between 16 and 65 years of age who have certain health conditions.

People with severe and multiple learning disabilities are in this group



- People who are 50 to 64 years of age with no health problems will get the vaccine at a later time



- People under 50 years of age with no health problems will not get a vaccine yet.

If you are in one of the groups who are to get a vaccine you might not be called straight away.

You may have to wait some time for your turn.



Your local lock down rules will be reviewed on 16th December

Everyone is living in either a medium, high or very high risk area.

Each area has different rules.

The Government will review which tier each area needs to be in on 16th December.

Inclusion North will tell you in our next weekly news what tier your area is in and what the rules are.





Keeping Well Tips



If you celebrate a festival like Christmas, Diwali or Hanukkah you could make some decorations.



Take a short walk and count the number of houses in your area that are decorated with lights.



Plan a healthy meal – maybe choose something new to try.

Try and buy more fruit and vegetables. Maybe try something new.



Contact some old friends and have a chat – talk about some of the things you used to do together – you will have a smile on your face.