Dear Colleagues, we want to keep you all updated on the latest local health news without sending out large amounts of emails each day.

For the next few weeks, we will be collating all the latest updates and sending them together once a week.

**The Figures**

**Nationally**

As of 9am on 16 April 2020, a total of 417,649 test have been carried out, of which 103,093 were confirmed positive.

As of 5pm on 15 April 2020, of those hospitalised in the UK, who tested positive for COVID-19, 13,729 have died.

(The figures for test results and for deaths are compiled from different sources. This is why the figures for deaths are reported from an earlier point in time than the figures for test results.)

These numbers are the latest figures available at the point this update was sent – for the most up to date figures please check on this page.

**Locally – by Upper Tier Local Authority**

Peterborough – 113 confirmed cases
Cambridgeshire – 441 confirmed cases

**The NHS is here for all your health needs**

While NHS staff are pulling out all the stops to care for COVID-19 patients and prepare for the surge we know is coming, they are also working hard to keep services in place for patients who do not have coronavirus. We are developing new models of care in areas such as cancer and anyone needing urgent or emergency care should seek it.

The NHS is still open 24/7 to provide urgent medical treatment for everyone – it is important that you don’t ignore the signs of a potentially life-threatening condition such as a stroke, heart attack or cancer.

Your local GP surgery is still open and there to offer support. You can speak to your GP from the comfort and safety of your own home via the telephone or an online service. If the GP decides you need to be seen in person, you will be offered a face-to-face appointment, in a safe environment for you and your GP or Practice Nurse.

**Advice for parents during coronavirus**

Whilst coronavirus is infectious to children, it is rarely serious. If your child is unwell, it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured.

Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:
### If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts grunting
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the ‘Glass test’)
- Has testicular pain, especially in teenage boys

### You need urgent help:

Go to the nearest A&E department or phone 999

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### If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (recession) or head bobbing
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C /100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

### You need to contact a doctor or nurse today:

Please ring your GP surgery or call NHS 111

The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E.
If none of the above features are present
• You can continue to provide care at home. Information is also available on NHS Choices
• Additional advice is available to families for coping with crying of well babies
• Additional advice is available for children with complex health needs and disabilities.

Self-care
Continue providing your child’s care at home. If you are still concerned about your child, call NHS 111.

Testing for COVID-19
NHS and Public Health England (PHE) labs, which were not testing for COVID-19 just a few weeks ago, have increased their capacity to more than 10,000 checks a day and are on course to reach 25,000 by the end of the month. This increase means we can now offer tests to any symptomatic NHS staff member or member of their household to help get them back to work. The increase in NHS capacity will contribute to the target of 100,000 tests a day by the end of the month which the Department of Health is working with commercial partners to realise. We are also implementing more testing in care homes.

The NHS cannot do it alone
No country’s health service could cope with this global health emergency if we did not take action to slow the virus’s spread. Everyone has a part to play in this fight. Washing your hands could prevent someone from being put on a ventilator. Staying home saves lives.

Every Mind Matters
Now more than ever, Every Mind Matters. All over the country we’re staying at home to protect the NHS and save lives. We’ll all be experiencing highs and lows and it’s perfectly normal to miss loved ones, get frustrated, feel anxious or stressed. There are things we can all do to look after our mental wellbeing at this time. Every Mind Matters can help get you started with your NHS online plan, showing you simple steps to help deal with stress, boost your mood and feel on top of things.

The NHS Every Mind Matters website provides simple tips and advice for you to look after your mental wellbeing during this time – visit www.everymindmatters.co.uk to get your free online personal Mind Plan.
We’re in this together.

Pharmacies
Just like everyone else, our pharmacists and pharmacy staff are working incredibly hard at the moment and need your support. Please remember the following when visiting a pharmacy:
• Please be patient and observe social distancing (stand 2m apart)
• Please only order what you need
• Please be kind to our staff
Please help us so that everyone in your community gets the medicines they need, and we can help keep our staff and local community safe.

You can find out the opening hours of your local pharmacy online HERE.

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