

COVID-19 data – local and national

*Rate represents number of cases per 100,000 population for the last 7 days
**If there is an increase or decrease in cases that is less than 10% compared to the previous 7 days (12 May - 18 May) a grey arrow will indicate that the rate may have plateaued, but is not showing a significant rise or drop.

Change**		Cases (7 days)	Rate (7 days)
↑	Reigate and Banstead	97	65.2
↑	Epsom and Ewell	26	32.2
↑	Spelthorne	22	22.0
→	Woking	17	16.9
↑	Surrey Heath	14	15.7
↑	Mole Valley	12	13.8
↑	Tandridge	9	10.2
↑	Runnymede	8	8.9
→	Guildford	13	8.7
↓	Waverley	9	7.1
↓	Elmbridge	9	6.6
↑	Surrey	236	19.7
↑	South East	1,433	15.6
↑	England	14,222	25.3

- [Coronavirus | Reigate and Banstead](#)
- [Surrey County Council](#) COVID updates and resources including translations into different languages
- Surrey's weekly data [dashboard](#) is published every Friday, which includes case rates, VOCs and vaccinations
- [National data](#) on testing, cases, vaccine, deaths is updated daily, now also available in easy-read version
- In the UK, up to 31 May **4,487,339** people tested positive, with **127,782** deaths within 28 days of a positive test
- 1st vaccine doses - **39,379,411** (74.8% of population)
- 2nd vaccine doses - **25,537,133** (48.5% of population)
- [R number](#) **1.0-1.1**, daily infection growth rate range of **0% to +3%** (28 May, for England only)

This week's key message: Remain vigilant

- With easing of restrictions, we are seeing the COVID-19 rates starting to rise again in Surrey and across the UK
- Remember COVID-19 restrictions still apply – [here are the rules](#)
- Public health advice remains the same: **Remember the basics of hands, face, space and fresh air as we meet others outside; get your rapid, regular tests, and when you get the call, get both vaccinations. This will help protect against all COVID-19 VOCs.**



Share: The best way to stop the spread of all variants of COVID is 'Hands, Face, Space, Fresh Air', vaccination, and [regular testing](#), especially now we can socialise indoors

Variants of Concern (VOCs)

- Surrey's weekly [coronavirus full summary report](#) now includes local information on VOCs
- This week there has been an increase in VOCs in specific areas of Surrey, in particular among 11-16 year olds.
- The best thing everyone can do to avoid catching or spreading all VOCs is get tested, get vaccinated (especially parents/carers of 11-16 year olds) and remember Hands, Face, Space, Fresh Air, especially if socialising indoors.
- Public Health England have a suite of [Hands, Face, Space, Fresh Air campaign resources](#) available to download and share. **The approach to preventing transmission of all variants is the same: safe behaviours!**
- The [World Health Organization](#) (WHO) has announced a new naming system for variants of COVID-19, as shown in the table below:

WHO Name	Country / Region	Scientific Name
Alpha	United Kingdom (Kent)	B.1.1.7
Beta	South Africa	B.1.351
Gamma	Brazil	P.1
Delta	India	B.1.617.2

Travel

- [Travel](#) within England is allowed – the Rule of 6 (two households) applies to private cars; do follow [safe travel advice](#)
- No restrictions on travel between **England, Scotland** and **Wales**. In **Northern Ireland** [it is against the law to leave home without a reasonable excuse](#) – people arriving must self-isolate for 10 days
- There are no restrictions on leaving England for **international travel**, however you should not travel to [countries or territories on the red or amber lists](#) unless essential – see table for green, amber, red list country rules
- If you travel abroad, check your destination’s rules and the [FCDO travel advice](#)



Rules on entering or returning to England if you have been abroad

	Before travelling to England	On arrival in England
Green list countries	You must: <ul style="list-style-type: none"> ○ Take a COVID-19 test ○ Book and pay for a day 2 COVID-19 test (to be taken after arrival in England) ○ Complete a passenger locator form 	You must: <ul style="list-style-type: none"> ○ Take a COVID-19 test on or before day 2 after you arrive ○ Quarantine if the test result is positive
Amber list countries	You must: <ul style="list-style-type: none"> ○ Take a COVID-19 test ○ Book and pay for a day 2 and day 8 COVID-19 test (to be taken after arrival in England) ○ Complete a passenger locator form 	You must: <ul style="list-style-type: none"> ○ Quarantine at home or in the place you are staying for 10 days ○ Take a COVID-19 test on or before day 2 and on or after day 8
Red list countries	You must: <ul style="list-style-type: none"> ○ Take a COVID-19 test ○ Book a quarantine hotel package, including 2 COVID-19 tests ○ Complete a passenger locator form 	You must: <ul style="list-style-type: none"> ○ Quarantine in a managed hotel, including 2 COVID-19 tests

- You cannot currently enter the UK if you’ve been in or through a red list country unless you’re British, Irish or have a legal right to live in the UK



Share: You must follow the [travel rules](#) even if you have been vaccinated

www.reigate-banstead.gov.uk/coronavirus

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Vaccinations

- People who will turn **30 before 1 July 2021** can now have a COVID-19 vaccination – [book](#) via the NHS
- **2nd doses are being brought forward from 12 weeks to 8-9 weeks** for the top 9 priority groups - The NHS or your local GP-led hub will contact you, or you can book online
- Blood clots and low platelet counts after the Oxford/AstraZeneca vaccine are extremely rare, but people aged under 40 with no underlying health conditions will be offered Pfizer or Moderna instead if available
- Myth-busting [vaccine videos in 16 languages](#) including Chinese, Polish, Urdu and Hindi
- **Surrey Heartlands CCG** [FAQs](#), [updates](#) + **vaccination helpline** (not booking service): 0300 561 2500 9am-4pm, Mon-Fri / syheartlandscgg.vaccination@nhs.net



Share: People aged 30+ can now get the COVID-19 vaccine. [Book](#) your first and/ or second dose online now – it only takes a few minutes

How to get a COVID test



- **If you don't have symptoms** [order a lateral flow test online](#) or use [NHS postcode checker](#) to find a nearby pharmacy where you can get one
- You may also be able to get a test via work or study - watch this short [video](#) on how to do a rapid lateral flow test at home
- **If you do have symptoms**, get a free PCR test – [book online](#) or call 119
- Surrey County Council's [website](#) is updated regularly with any changes to test sites and eligibility



Share: Use the [NHS postcode checker](#) to find a pharmacy near you to get a lateral flow test if you don't have COVID symptoms

Bowel screening

Bowel cancer screening can save lives. Screening aims to detect bowel cancer at an early stage, when treatment has the best chance of working. Screening can be done using a home test kit.

- Everyone aged 60 to 74 who is registered with a GP and lives in England is automatically sent a bowel cancer screening kit every 2 years. In 2021, the programme is expanding to include people aged 56-59 years.
- If you're aged 75 you can request a home test kit every 2 years by phoning the free bowel cancer screening helpline on 0800 707 60 60
- For advice and guidance visit the [NHS website](#) or call 0800 707 60 60
- [Further information](#) about the benefits of bowel cancer screening is available to download in 10 different languages
- [Bowel Cancer UK](#) has more information about bowel screening in England.
- Abdominal Symptoms Cards can be downloaded in different languages at [PHE Campaign Resources](#)



Share: Bowel cancer is very treatable but the earlier it's diagnosed, the easier it is to treat. Learn more about [symptoms of bowel cancer](#)