

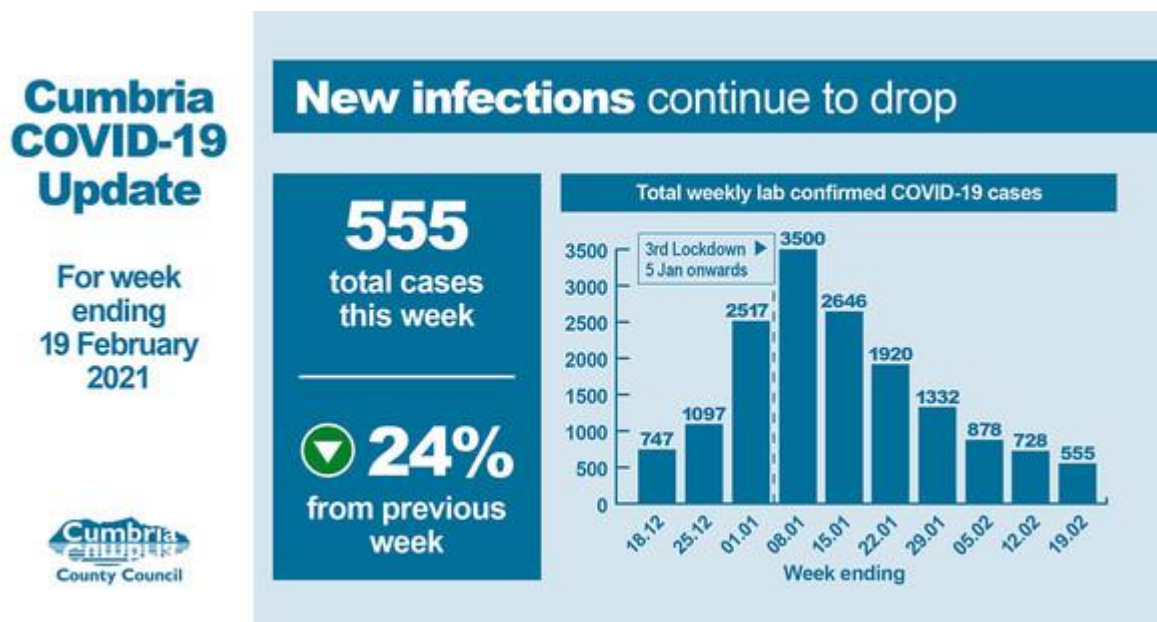
Overall new infections drop, but rate of decline may be slowing

The number of new COVID-19 infections in Cumbria continued to drop in week ending 19 February, down 24% from the previous week (555 compared to 728).

Barrow, Allerdale and Copeland continue to have infections rates above the England average of 120/100,000. While some districts saw small increases, more recent data from this week has confirmed these to be related to specific outbreaks rather than indicative of a general increase.

The number of new patients admitted to hospital with COVID-19 decreased from the previous week in both North Cumbria Integrated Care (NCIC) and University Hospitals of Morecambe Bay NHS Foundation Trust (UHMB) by -19% and -31% respectively.

For week ending 12 February there were sadly a further 74 registered deaths mentioning COVID-19.



Colin Cox, Cumbria's Director of Public Health

"This week the Prime Minister announced the roadmap for exiting lockdown. I welcome that but we must all recognise that we still have high infection rates, well above those of last summer, and we cannot just assume that infections will continue to fall.

"They will only fall if we keep following the guidance and don't act as if lockdown has already been lifted. This is a critical point and the Prime Minister has been clear that restrictions will not be eased if the data does not support it. That's why we all must keep going for a while longer and get infection rates right down."

Facebook Live with Colin Cox, Tuesday 2 March, 7pm

Colin Cox will be hosting a live Q&A session on **Cumbria Crack's** Facebook page (www.facebook.com/CumbriaCrack) next Tuesday 2 March at 7pm. The session is an opportunity to hear the latest news from Colin and ask any COVID-19 related questions.

Eleven COVID-19 community lateral flow test centres now open

Lateral flow community COVID-19 testing is now available to the public from 11 sites across the county. Lateral Flow tests give a result in 30 minutes and help identify asymptomatic carriers, people who do have COVID-19 and are infectious but are not ill. These people can then self-isolate to protect others.

The testing sites are open to any essential workers who cannot work from home and come into regular contact with other people through their job, and who do not have covid-19 symptoms (and who are not being offered tests by their employers in the workplace).

The tests are free and no booking is required, but please note the sites are only open at the times stated. People don't need an appointment - just arrive at the testing site between the stated times below.

+ [FULL DETAILS OF ALL SITES AND OPENING TIMES](#)

Cumbrian's asked to "Keep Going!" in new campaign

A new Cumbrian campaign from the NHS, Councils, Police and other partners is thanking people for the sacrifices they have made during lockdown and encouraging them to keep going and stick to the rules for just a while longer. It's vital that the number of Covid infections continues to drop, or plans for easing lockdown could have to be put on hold.

Please support the campaign by sharing it on social media when you see it.

+ <https://www.facebook.com/cumbriacc>

Keeping Active from Home

Has lockdown taken its toll on your physical health? Are you finding it difficult to get motivated to take that first step to becoming more active? This workshop aims to inspire you to make that change. We will look at why exercise is important and give you cheap, simple, fun and effective ways to get started. Our NHS physiotherapist will explain how physical activity affects our bodies and will demonstrate different ways of exercising. We will look at the barriers that stop many of us and work together to think of ways that we can overcome them and consider the importance of motivation and goals. This is a supportive session that is about empowering you whatever your starting point so please join us.

This workshop provided by the Community Learning and Skills Team will give you ideas and inspiration for keeping fit during the lockdown.

Monday 1st March
10:30am – 1:00pm
Online via Zoom
FREE

To find out more information, or to book your place, visit:

<https://adultlearning.cumbria.gov.uk/centres/copeland.asp?title=WHC00831B>

Best Wishes,

South Lakeland Area Support Team