

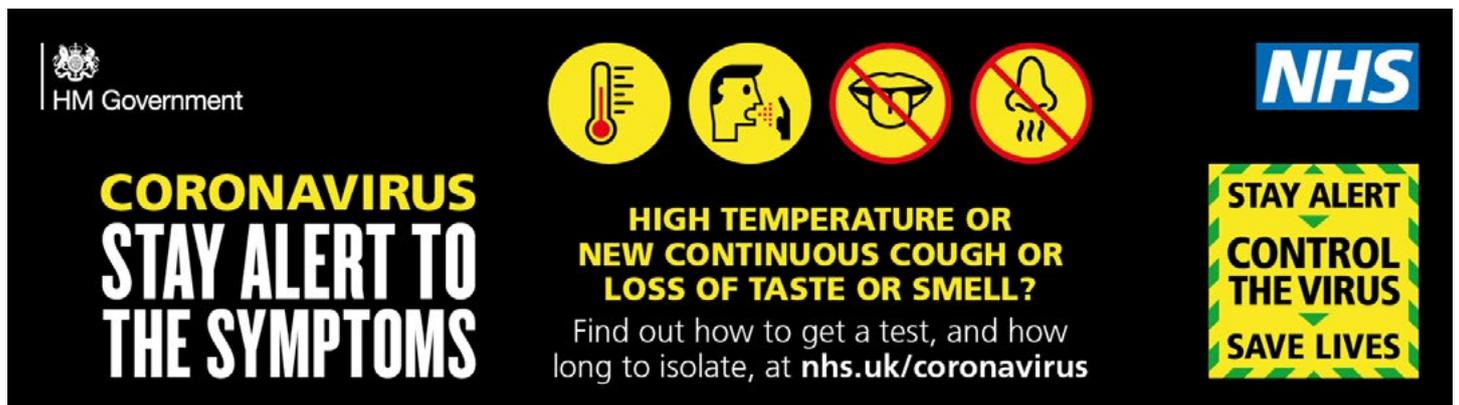


Dear resident

As the summer holiday season draws to an end, employees are returning to work and a new academic year is beginning. While Hillingdon's coronavirus (COVID-19) rates continue to remain low compared to other boroughs, I would like to thank residents for adhering to government guidelines. However we must not get complacent and I encourage residents to continue to stay alert and act responsibly to protect themselves, their families and local communities.

It remains important for everyone to maintain good hand hygiene, to keep at least two metres apart from people you don't live with where possible, to wear a face covering when out shopping or in other enclosed public places, and to get a test as soon as possible if you begin to develop a persistent cough, a high temperature or a loss of or change to your sense of taste or smell.

I would like to reassure residents that the council continues to be vigilant and is ready to respond alongside our partners should any local outbreaks occur.



HM Government

**CORONAVIRUS**  
**STAY ALERT TO**  
**THE SYMPTOMS**

**HIGH TEMPERATURE OR**  
**NEW CONTINUOUS COUGH OR**  
**LOSS OF TASTE OR SMELL?**

Find out how to get a test, and how long to isolate, at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

**NHS**

**STAY ALERT**  
**CONTROL**  
**THE VIRUS**  
**SAVE LIVES**

## Get your flu vaccination this winter

This winter, it's important to have your flu vaccination. It's to help protect you and those around you from serious illness.

There are many people who are able to get a free flu vaccination. If you are eligible, your GP will invite you to book your flu jab – either by letter or text. To find out if you are eligible check the NHS website. Those at the highest risk will be contacted first between September and October. If you think you have missed your invitation please contact your GP practice.

The flu virus and COVID-19 have some of the same symptoms, like a high temperature or persistent cough, so it's important you have the flu jab and follow the guidance to test and self-isolate if you have any symptoms of COVID-19.

If you are not eligible for a flu vaccine on the NHS, you can pay for a flu vaccine privately from pharmacies or in supermarkets. The vaccine costs up to £20.

For more information visit the [NHS website](https://www.nhs.uk).

**I lost taste and smell.**  
**I got tested. Immediately.**

If you have symptoms, don't leave home except to get a test. Stop the spread.  
 Book a test now at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call 119

STAY ALERT  
 CONTROL THE VIRUS  
 SAVE LIVES

**Get back to school safely.**

Stay safe on your journey to school or college, and walk or cycle where you can.  
 Find out more about returning to school safely at [gov.uk/backtoschool](https://gov.uk/backtoschool)

STAY ALERT  
 CONTROL THE VIRUS  
 SAVE LIVES

## Got symptoms? Get tested

If you develop COVID-19 symptoms (a high temperature, a new or continuous cough, or a loss of or change to your sense of smell and taste), you must book a test within 5 days from when your symptoms started.

This will help to limit the spread of the virus.

Throughout September a Mobile Testing Unit (MTU) will be available at the Central Avenue Car Park in Hayes on the following dates:

- Monday 7 September
- Thursday 10 September
- Sunday 13 September
- Wednesday 16 September
- Saturday 19 September
- Tuesday 22 September
- Friday 25 September
- Monday 28 September

You can take a test if:

- you have symptoms highlighted above
- you have been asked to take a test through the Test and Trace service
- you have been told to take a test before you go into hospital, (i.e. for surgery)
- if you're taking part in a government pilot study

Tests can be booked via the government's online booking portal. You can also register for a test on the day at the site providing the MTU has enough testing capacity once pre-booked tests have been allocated.

Home testing kits can also be ordered through the government website, however they need to be ordered by 3pm on the 4th day since symptoms appeared.

For those without online access, a test can be booked by calling 119.

[Find out more](#)

## Schools welcome back pupils

Schools are the best place for teaching children and giving young people the best possible start in life. In August, the government announced that all children and young people must go back to school in September.

All schools have received government guidance and we have been working closely with headteachers to ensure classrooms and facilities are made safe for staff and pupils in advance of their return.

Staff have been working incredibly hard to put measures in place to support pupils and their parents, including staggered break times, and increased hygiene and handwashing.

With safety measures now in place, schools have started to welcome all pupils back this week.

The Department for Transport is encouraging families to plan ahead and to walk or cycle to school where possible. If you need to car share with another household, please follow the government guidance to help keep you and the people you are car sharing with safe.

Full details on what measures are in place can be requested through your child's school.

[Read more](#)



## Eating or drinking out?

It's good to see lots of support for our local businesses. If you're going out to a pub or a restaurant, please remember to participate in the government's Test and Trace service by giving your contact details to the venue. This could be via app, QR code or paper registration.

If you are concerned about COVID-secure/ social distancing measures in any Hillingdon venue, you can report concerns by emailing [businesssocialdistancing@hillingdon.gov.uk](mailto:businesssocialdistancing@hillingdon.gov.uk)

We have also launched a free online business directory to support Hillingdon's high streets. Use our directory to find out what shops and businesses are open in your area and what restrictions may be in place, or sign up to promote your business.

[Read more](#)



## Libraries reopen

14 of our libraries have reopened their doors for you to browse and borrow books; use computers; collect reserved books; request recycling bags and/or pick up hearing aid batteries.

If you're planning to visit one of our libraries, please check our website for opening times.

The first 30 minutes of each day will be reserved for our older and most at risk residents. Booking will not be required but there may be waiting times, so we can manage the number of people in our libraries at any one time to ensure social distancing.

[Find out more](#)

## Bunker reopens

The Battle of Britain Bunker Exhibition and Visitor Centre in Uxbridge has reopened with new safety measures in place.

The attraction can be visited from Monday to Sunday, 10am to 4.30pm, with the last entry at 3.30pm. If you would like to visit, you must book a ticket in advance and wear a face covering during your visit. Anyone without a ticket will not be allowed entry. To book your tickets visit [battleofbritainbunker.co.uk](http://battleofbritainbunker.co.uk). Details of the new safety measures are also online.

Please note that the café and gift shop remain closed, and visitors are advised to bring their own sealed drink, if necessary. The car park is open as usual.

Due to the ongoing pandemic, the bunker will not be holding any live events to commemorate the 80th anniversary of the Battle of Britain this month. However, there will be lots of related content online.



[Find out more](#)

## Better Health

Coronavirus has affected the whole country; for almost everyone, life has had to fundamentally change. But it has also prompted many people to reflect and think more seriously about their health.

Nearly two thirds (63 per cent) of adults in the UK are overweight or living with obesity. This extra weight makes it harder for the body to fight against diseases like cancer, heart disease and now COVID-19.

Better Health, run by Public Health England provides a range of tools and support to help you to lose weight.



[Read more](#)

## Open House

Enjoy a sneak peek behind the doors of some of the borough's heritage buildings, either virtually or in person, as part of London Open House weekend on Saturday 19 and Sunday 20 September.



Open  
House 

[Find out more](#)