



COVID-19 Stakeholder and Influencer Toolkit

Overview

Now the days are shorter and we are spending more time at home or inside, it is important for us all to take steps to reduce the risk of COVID-19 indoors.

COVID-19 is spread through very small droplets released when we breathe out. Letting fresh air in for just 10 minutes, regularly, can help remove these small coronavirus particles lingering in the air. By doing this, the risk of COVID-19 infection can be reduced by 70%.

This week, we reached a positive milestone as [more than 10 million people have now received their COVID-19 booster](#).

Please follow other safer behaviours as well to combat COVID-19. Use face coverings in crowded indoor places. Wash your hands regularly. Test regularly. Stay at home when you feel unwell. Use the COVID-19 NHS App.

Key messages

- A well ventilated room can reduce the risk of COVID-19 infection by 70%.
- Follow all safer behaviours to keep COVID-19 from spreading.
- If you are eligible, get your booster jab as soon as you can.





COVID-19 Stakeholder and Influencer Toolkit

The importance of ventilation

COVID-19 is spread easily within the air. Opening windows to let fresh air in can remove any lingering coronavirus particles.

Even opening the windows for short periods of time will allow fresh air to circulate and will reduce the risk of COVID-19.

If you let fresh air in when you are inside you can reduce the risk of infection from COVID-19 by 70%. So, let fresh air in if you meet people indoors, especially people you don't normally meet. Meeting outdoors is safer.

How you can help

- Post the image on this page to your social media networks.
- Download videos giving ventilation advice [here](#) and post them to your networks.
- Post this [explainer video](#) which explains the impact of ventilation on reducing COVID-19 levels to your networks.



**OPEN A WINDOW
FOR 10 MINUTES
EVERY NOW AND AGAIN
TO SIGNIFICANTLY
REDUCE THE AMOUNT
OF COVID-19 IN THE AIR**



COVID-19 Stakeholder and Influencer Toolkit

Vaccines

Vaccines give high levels of protection from COVID-19 but this reduces over time so it is vital that vulnerable people get a COVID-19 booster vaccine to protect themselves.

People eligible for a booster can book their appointment online after five months. They can also call 119 or use a walk-in jab centre after six months from their second vaccine.

And those [eligible for the free flu vaccine](#) and a COVID-19 booster jab are urged to book their appointments as soon as possible.

How you can help

- Post [information about the booster programme](#) on your social media channels.
- Use the asset on this page on your social media channels or [download more](#).
- Share a link to the [NHS booking service](#).
- Share the [flu jab booking](#) information with your networks.





COVID-19 Stakeholder and Influencer Toolkit

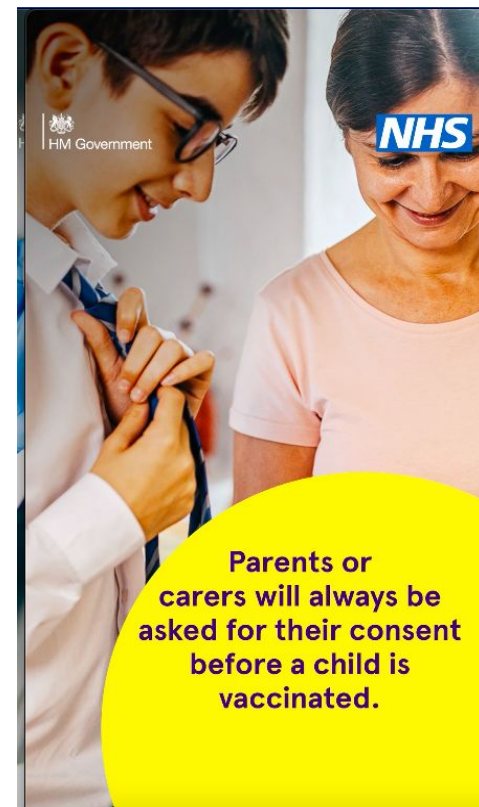
Vaccinating 12 to 15 year olds

The NHS is [rolling out the COVID-19 jab to children aged 12 to 15](#), as part of the biggest vaccination drive in UK history. Vaccines can now be [booked online](#) for those aged between 12 and 15.

The booking service will provide an additional option for parents to book a vaccine for their child. This is alongside the schools programme, which has already vaccinated nearly half a million young people and visited thousands of schools.

How you can help

- Share the [information for parents](#) from the NHS with your networks.
- Share a link to the [NHS booking service](#).
- Post [videos on vaccines for 12 to 15 year olds](#) to your networks.
- Download explainer videos [here](#) and post them to your networks on social media. The videos explain the benefits of the vaccine, consent and the rollout of the programme.





COVID-19 Stakeholder and Influencer Toolkit

Addressing vaccine disinformation

How you can help

Share the videos on this page with your networks on your social media channels.

From top left clockwise:

- BBC videos on Long Covid in five South Asian languages: Gujarati, Punjabi, Urdu, Tamil and Sylheti.
- Actor Jason Forbes who tackles some myths about the vaccine.
- Dr Nighat Arif talking about vaccines and immunosuppression.
- Dr Bnar Talabani, a scientist and doctor specialising in kidney and transplant medicine, challenging common myths about vaccines.

Click on the images for the links.





COVID-19 Stakeholder and Influencer Toolkit

Social media assets

You can find a whole range of assets online to help communicate advice about the vaccine, testing and safer behaviours.

How you can help

- Download and use assets from the [COVID-19 Resource Centre](#) to help with messages.
- Post information and [assets in community languages](#).

