Herefordshire Council

Dear resident,

You will be aware of the rising number of Covid-19 infections across the country.

If we all do the right thing, we can stop the spread of infection.

Whether you live in the market towns of Kington, Leominster, Bromyard, Ledbury, Ross-on-Wye, in Hereford city itself, in our rural villages, or in the open countryside- if everyone follows the Covid-19 guidance, we will stop spreading the virus. It does not require central government intervention to keep our county moving. If we stop spreading Covid-19, we can keep our businesses open, keep people in jobs, and keep people safe. It is clear that it is only when people change behaviours that the virus is brought under control. We can all help keep Herefordshire open.

Covid-19 is dangerous - just as dangerous as Herefordshire experienced earlier in the year. Tragically, 131 of our residents have so far died due to Covid-19. We are now seeing a big increase in infections, outbreaks, and people requiring hospital care – and very sadly deaths are again rising due to Covid-19.
Covid-19 does not only place older people at risk. Covid-19 has tragically caused deaths of younger people too, and of great concern, many people of all ages are effected by 'long-Covid', a range of prolonged conditions that can last for months, possibly becoming permanent chronic conditions.

One of the biggest challenges with Covid-19 is that most people feel only mild symptoms or no symptoms at all. But if you are Covid-19 positive, with or without symptoms, you can infect friends, family, co-workers or strangers. If we don't stop the spread, infection is likely to reach someone who will become ill, possibly seriously or even fatally so. As a county, as residents we must not let this happen.

If we all do the right thing, we can turn around the rising spread of infection. We will save businesses, save jobs and above all – save lives. You can reduce the spread of infection by ensuring you and your family members:

- **Follow the rules on getting tested and self-isolating:**
    - Get tested if you develop symptoms and self-isolate whilst awaiting the test result.
    - Self-isolate if you test Covid-19 positive or are a contact of someone who has tested positive. When self-isolating you must stay home, shop online, ask friends and family for support.
    - Respond to NHS Track and Trace and identify your contacts.
    - If you need support and don't have friends or family, contact Talk Community on: 01432 260027.
    - The NHS website advises on reducing the risk of infection spread at home - go to https://www.nhs.uk/conditions - and then follow coronavirus-covid19/self-isolation.

- **Minimise the number of in-person contacts:**
    - Connecting with friends and family is important but connect online whenever possible. If meeting in person keep to the rule of 6 and keep 2m from anyone outside your household.
    - Fresh air is important – it helps to remove the virus in the air. So open windows, wear warmer clothes, and when meeting friends, do so outdoors whenever possible.
    - Wear a face-covering in indoor places if not at home, and in busy outdoor places.
    - Work from home if you are able to do so and avoid crowded spaces.

Please Stay Safe Herefordshire.
Thank you.

Alistair Neill, Chief Executive   **Jo-Anne Alner, MD Clinical Commissioning Group**
Karen Wright, Director of Public Health   **Dr Mike Hearne, MD Taurus Healthcare Ltd**

P.S. We know you have read this so many times, but please be sure to:
WASH HANDS OFTEN AND WELL – WEAR A FACE-COVERING – MAINTAIN SOCIAL DISTANCING.