

HICovid19 digest (17 Apr 21)

On Sunday, 11 Apr 21, (at least) four people tested positive for Covid in Histon & Impington.

Our infection rate as measured by the number of new infections recorded over the seven days up to 11 Apr 21 increased from three to seven. It's nothing to worry too much about, it maybe relates to four new infections in one household, but it's a timely warning that, as we begin to emerge from lockdown, that we still need to be very careful. That means **remembering the basic rules: hands, face and space.**

One thing we can be certain of is that this sudden increase was nothing to do with the big re-open which happened last Monday. The impact of this is unlikely to be felt for another two weeks.

The easing of lock-down with all shops on the High Street now open and lots of opportunities for alfresco dining at our pubs appears to have gone ahead smoothly. We seem to have enjoyed this extra freedom and taken it for what it is viz just a small step to be appreciated and not abused.

It's worth reminding ourselves:

- Follow the house rules. Pubs etc must confirm to strict Covid guidelines and that's why they impose rules about what we must do in order to enjoy their hospitality. Don't question their rules, just enjoy the beer.
- Don't flaunt your jabs. Just because you've had one or both vaccinations doesn't guarantee that you're immune. You must continue to follow the basic rules: you may still catch Covid (albeit less seriously) and you may still be a transmission risk.
- Be tolerant, and mindful, of others. Relaxing the rules is not compulsory and some may choose not to. Respect them. Continue to observe **hands, face and space** and give others confidence that you understand how they might feel.

There's been much reporting of the impact of lock down on people's mental well-being. This may become apparent over the next weeks so please let's all be mindful of our neighbours and colleagues, friends and family. We've said it before: if you sense someone's a bit down, feeling glum or unnecessarily anxious give them a chance to talk about it. If you're unsure about how you might do that maybe refer them to the Worry Tree Café at www.hifriends.org.uk.

The Covid19 response team continues to monitor the data which it's getting and this indicates that our community is coping rather well, we're looking after each other and demand for exceptional help and support appears to be minimal. However it is aware that problems might be hidden and encourages us all to stay alert and look out for each other.

If anyone does need any help for any reason they should contact their street co-ordinator or call the HICOVID19 helpline on 01223 320420.