

HICovid19 digest (9 Apr 21)

Our infection rate as measured by the number of new infections recorded over a seven day period continues is back in the white zone. For the seven days to 4 Apr 21 it was below 3 again having been 3 or 4 for most of the week. Statisticians and public health professionals will no doubt assure us that this sort of fluctuation is nothing to worry about but a reminder that we need **to remain cautious and to follow the rules: hands, face and space.**

Monday is the big re-open. All the shops on the High Street and elsewhere will be open. Most of our pubs, restaurants and cafés will also be open for ambient trade. As long as you sit in the garden you can eat and drink what you like. You may be cold but at least you can enjoy the company of up to five others.

However as we enjoy such new found freedom please:

- 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.

The businesses that are choosing not to open have told us that they will open in the next weeks.

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.