

## HICovid19 digest (23 May 21)

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It's nothing to worry about but the infection rate in Histon and Impington has been back up to three before returning to the white zone. That's a total of less than three new infections over a seven day period and that last such period was up to and including 18 May 21. Across South Cambs the rate remains low and we're just seeing odd infections here and there with wards moving in and out of the white zone.

Elsewhere the situation is of course largely good but with some cause for concern because of the 'Indian variant' which seems to have established a position in Bedford. This rather suggests that we should not visit it for the time being not so much because of the risk of contracting Covid per se but of bringing the strain into our community.

The Indian variant notwithstanding and whether or not the next phase of release from lock down is delayed you've got to believe that we are getting on top of the pandemic nationally. With Covid cases in hospitals way down, high levels of vaccination and readily available testing the indicators continue to be positive. At least the pressure is now largely off the NHS for which we can be thankful.

Our GP surgeries have served us well. They have continued to be accessible and they have run the vaccination program incredibly well. However we need to be mindful of the pressures under which they continue to operate so:

- Please do not add to their workload by calling for help with ailments which you really should treat yourself. Remember that GP time is a scarce resource and we should not waste it; and
- Please be patient as they continue to roll out the vaccination program. It may be frustrating to have to wait but trying to jump the queue doesn't help anybody.

Most important though: if you are in contact with our surgeries be nice to them!

Lots of us have now self-administered a 'lateral flow test'. Kits are freely available at pharmacies and it's worth having a box to hand and doing a test if you are about to participate in a large gathering and/or have just been to one. It's not compulsory but it's not a bad idea.

The Covid response team has met and continues to monitor the needs of the community. If anyone does need any help for any reason they should contact their street co-ordinator or call the HICOVID19 helpline on 01223 320420.