

HiCovid19 digest (20 Aug 21)

The Covid infection rate stats have made pretty grim reading for Histon & Impington over the last weeks. From being one of the least impacted parts of the country it's seemed that we have become one of the worst with a 7-day infection rate of 40-50 infections being recorded though the end of July and into August. The infection rate was 364 per hundred thousand people in the seven days to 14 Aug 21 compared with 300 for the total UK, 308 for Cambridgeshire and 313 for South Cambs (all to 19 Aug 21).

Why?

It's easy to be wise after the event of course but a rise to national levels was to be expected following the big 'freedom' of 19 Jul 21. With people being allowed to travel and congregate without limit there would be no barriers to the spread of infection. It was perhaps surprising that rates did not rise to the levels suggested (50-100,000/day) but not that they would even out across the country. What we saw was the impact of infections elsewhere being 'imported' now that we no longer had the rules in place to keep them out.

The bigger surprise though has been that we are not just seeing a national level of infection but something worse and that's simply a consequence of (a) our success in being low infection, and (b) relatively low levels of vaccination locally especially in Cambridge. Once we were open to infection it took advantage of the opportunity afforded by so many people who had not yet been infected and/or vaccinated.

Living in our community we don't seem to be acting in a way that implies a fear of infection. People are still out and about and our businesses are open and supplying the goods and services which we need. But we do all seem to be acting with responsibility. Masks are being worn inside and most of our businesses are steering a responsible course between no rules and continuing to observe basic mask-wearing and social distancing guidance. Thank you; everyone!

There are no rules anymore but there is NHS 'guidance' at www.gov.uk/coronavirus

- Meet outside, or open windows and doors for indoor visitors
- If you think you have symptoms stay at home and take a PCR test
- Wear face coverings in crowded places and on public transport
- Check in to venues when you go out
- Wash your hands with soap regularly, and for at least 20 seconds
- Get vaccinated (go to <https://bit.ly/2Wd7ua7> to find out who can be vaccinated)

If you need or someone you know needs help our local Covid helpline number is 01223 320420.