

HICovid19 digest (3 Dec 21)

It seems to have been a long time since we published our last Covid digest but it was only a little over 3 months ago. At that time we were bemoaning a high 7-day number of new infections, 40-50 were being recorded in August, and our infection rate was 364 per one hundred thousand. The 7-day number is now at 65 and the rate is at 539. This compares with 590 for South Cambridgeshire, 526 for Cambridgeshire and 439 for England.

And now we've got the omicron variant just when we seemed to be working our way through the latest surge in delta cases.

We understand that one of the reasons behind our high numbers is a low rate of vaccination and that hasn't changed since the summer. Please, if you haven't been vaccinated yet sign up and get it done. Getting vaccinated and behaving carefully (see below) are the two things that we, as individuals, can do to make a difference.

The good news though is that the Addenbrookes numbers are down and it is not experiencing a crisis of demand for Covid treatment being more than it can deliver.

There are new laws: we must wear face-coverings in retail settings and on public transport. And there's updated [guidance](#) from the NHS:

- get vaccinated against COVID-19 – everyone aged 12 and over can [book vaccination appointments](#) now
- meet people outside if possible
- open doors and windows to let in fresh air if meeting people inside
- limit the number of people you meet and avoid crowded places
- wear a face covering in shops, on public transport and when it's hard to stay away from other people (particularly indoors or in crowded places)
- wash your hands with soap and water or use hand sanitiser regularly throughout the day

It's probably fair to say that locally we have relaxed a little. Although many people continue to wear face-coverings and to avoid close contact it's not as many as it was. Given what's now happening it's perhaps best that we exercise a little more caution in the forthcoming weeks. We won't on our own affect any national decisions of course but we will make our neighbours and others more confident that we are all doing our bit to minimise the spread of infection locally. And we will show respect to our local retailers who are doing their best to comply with the law.

Our advice therefore is that we follow the NHS guidelines above but that we also test regularly and self-isolate if we test positive. And if you have not been vaccinated, or you've had your first two jabs but not yet had your booster, sign up now and get it done. Get vaccinated now!