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Our ref:



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Dear Parents and Carers

Be Aware, Be Safe

There has been a recent increase in COVID-19 cases in Durham City and it is important to follow the rules and remain vigilant. The control measures to stop transmission remain the same as always: Hands, Face, Space, Fresh Air.

The main variant circulating nationally (Delta variant, first identified in India) is easily transmitted although measures to control it are the same. The more robust you are in following the control measures, the better protected you are. It is important to exercise caution when mixing indoors, where the virus can spread more easily. Socialising outside remains the safer option.

If you get any symptoms you must self-isolate and book a free test via the [NHS website](#).

If you are identified as a contact of a case, you must also self-isolate and arrange to have a further test as soon as you can.

Please continue to do your twice weekly Lateral Flow Device (LFD) tests too. It is worth remembering that two doses of the coronavirus vaccination provide the best protection. Please attend both appointments when invited to do so and please continue following the latest guidance. This can be found at www.durham.gov.uk/coronavirus.

Kind regards

A handwritten signature in black ink, appearing to read "A Healy", on a light-colored background.

Amanda Healy

Director of Public Health for County Durham/Chair of North East DPH Network

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