

Department of Public Health

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Date: 11 December 2020

Dear parent/carer,

A worrying rise of Covid cases in East Sussex

I write to you concerned about the rising rates of Covid in our towns and in particular among our school communities.

We're seeing a worrying rise in Covid infections in parts of East Sussex and we need to all act now to reduce the spread and reverse the trend.

With Christmas and the holidays just around the corner we know with more time at their disposal our children will want to meet up with friends and socialise. Under the current restrictions, socialising outdoors in groups of up to six people is acceptable, but indoors, you should only be with others from your own household, and that applies in any setting.

We are currently under Tier 2 restrictions, but this will be reviewed on the 16th and the 30th December. None of us wants tighter restrictions.

So, I write to you to ask for your support, to explain to your own children why it is important that we follow these guidelines.

While the rise in cases is worrying, the good news is that we can control this situation together, by;

- **not meeting anyone indoors unless they're part of your household (or a support bubble)**
- **reducing social contact where you can - the fewer people we see, the less the virus spreads**
- **avoiding crowded places**
- **self-isolating and getting a test if you get Covid-like symptoms, even a mild cough.**

If we all choose to follow these and keep washing hands and covering faces, we'll be able to put the virus into reverse in East Sussex.

The actions you, your family and your friends take will decide what happens next.

We can change this, together.

Yours faithfully/sincerely,



Darrell Gale FFPH
Director of Public Health

BUT CAN I...?

(SPOILER ALERT: If it's indoors, probably not)

...invite friends to my house?

No, you can only meet indoors with others from your household or support bubble.

...go shopping with my friends?

Afraid not – shops count as being indoors and you shouldn't meet indoors with anyone you don't live with.

...go to a fast food restaurant/coffee shop?

If you'll be sitting inside you can only do this with other people from your own household or support bubble.

...go to the cinema or bowling?

You should only do these things with other people that you live with, or that are in your support bubble.

It's my birthday, can I have a party?

Not right now, but you could find other ways to celebrate. You could have a virtual celebration or meet (no more than six) for a socially distance birthday walk or bike ride. You need to find ways of replacing indoor activities with things you can do outdoors.