



## An important message from Muriel Scott, Director of Public Health

Dear Parents and Carers

As Director of Public Health for Bedford Borough I am writing to you at this extraordinary time to thank you for all that you have been doing to keep you and your family safe from COVID-19.

I know that it won't have been easy for many parents and carers to juggle work, childcare and education at home. Your child may have found the change of routine difficult and I am sure they are missing school and their friends.

As some restrictions are eased it's really important to remember that the virus has not gone away. Indeed, it's invisible in some cases, with some people showing no symptoms. This means that anyone can get it, and anyone can spread it.

The number of COVID-19 cases in Bedford Borough remains higher than other areas and I am urging you and your family to keep following the national guidance. I recognise that this will be challenging over the summer holidays, particularly for those of you with older children who will be desperate to meet up with their friends. It is important that you help your older children to understand the importance of social distancing, and their responsibility to protect those in their family and their community who may be more vulnerable to COVID-19.

This term we have been working with our colleagues in education to minimise the spread of the virus in schools. We look forward to September when schools will be opened more widely and the necessary measures will be taken to ensure the safety of your children whilst they learn.

I hope you enjoy the summer break and with your help we can keep this virus under control.

Thank you

Muriel Scott  
Director of Public Health

### Simple steps to help control the spread of the virus



**Stay at home as much as possible**



**Limit contact with other people**



**Keep your distance from people not in your household (2m apart where possible)**



**Wash your hands regularly**

**Wear a face covering on public transport and in shops**

### What to do if you have or your family have symptoms?

If you or someone in your household has a high temperature, a new persistent cough, or the loss or change to your sense of smell or taste, then the person with symptoms should:



**Stay home for 7 days**



**Book a test as soon as possible by visiting [www.nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) or by calling 119.**