

A message from the Directors of Public Health for Devon and Torbay

Devon and Torbay still have comparatively low numbers of positive cases with all district areas lower than the national average.

However, the number of positive cases across the county has risen in line with the national trend and an increase in the number of cases has been seen in connection to education settings.

Some key messages are:

- It is really important that everyone who is asked to self-isolate remains at home and are not socialising with people from outside of their household.
- If you are self-isolating, please do so for the full duration. That means staying at home for no fewer than 14 days unless you are given the all-clear to return to college. It also means having no friends or visitors to stay over during that self-isolation period.
- Please also upload all your contacts to NHS Test and Trace – this is important so everyone can be asked to isolate, to prevent spread of the virus.
- It's also incredibly important to keep to the social distancing rules of two metres, and when in busier and noisier environments where social distancing is difficult, to wear face coverings. This will really make all the difference. It's not just for your benefit but will help to protect everyone else from the spread of coronavirus. It will also help to keep our schools and colleges open.
- Also please remember the rule of six, and not meet up with friends in groups larger than six people – and don't forget social distancing when you're meeting up. I know it's easy to forget but this is really important. Remember to 'think Covid'.
- As some people may have COVID but not show any symptoms (i.e. the high temperature, new and continuous cough, or change to the usual sense of taste or smell) it is really important for *everyone* to follow the distancing and hygiene measures, including when socialising out of college or when participating in extracurricular activities. Please do ensure that you wear a face covering when in public spaces such as shops and cafes, and in enclosed spaces with others from outside your households, such as public transport.

Finally, we know that your college team is in regular contact with you, to keep you informed and to quickly alert you to any changing situation at the college. I ask that you continue to work with them and that you continue to support them in their efforts to reduce risk to students and staff.

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Public Health Devon

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