

Dear employee,

This year has been one of the most challenging that many of us will have encountered.

I would personally like to thank you for all that you have done to reduce the spread of the virus and to keep yourself and your loved ones safe.

As Christmas draws closer - and with Covid 19 infection rates still high - I would to offer you some advice about how you can have a Covid-safe Christmas.

There is hope for 2021 with the first groups of people now being vaccinated against Covid-19. But it will take time for the vaccine to reach enough people to make a real difference. So for now, we need everyone to keep thinking about how they can keep themselves and their loved ones safe.

December is the time of year when many people want to spend time with their family and friends, whether they celebrate Christmas or not.

At the moment, Tier 2 regulations mean you must not spend time with friends or family indoors, unless you live in the same house or are in a support bubble. The Prime Minister has said that from 23<sup>rd</sup> December until 27<sup>th</sup> December, there is a special Christmas exemption, and people from three households can meet indoors - in a house, a private garden or place of worship. However, this should only be done if you feel it will not put elderly or vulnerable friends and family at risk. It also means the same three households across all five days, not three different households each day.

But even on those days, the **safest** way to spend time with family and friends is either online, on the phone or outside. Maybe organise a walk or get together at the local park, or have a family get together online. Remember, if you do meet outdoors, you must socially distance at all times.

If you do meet indoors, try to give each other space and stay 2m apart, wash your hands regularly and open windows for 10-15 minutes every hour or so, to allow good ventilation. You're more likely to catch Covid in poorly ventilated places. Clean all your surfaces, handles and objects that people might touch and have hand sanitiser available for yourself and guests. Try and reduce the number of people in one room, meet in the largest space possible and rearrange furniture to make more space.

If you're going out Christmas shopping, remember your face mask and hand sanitiser. Keep your distance from others who are shopping, avoid peak times of the day between 12 and 2 when it is most busy and try not to queue close together for shops. Please try and avoid public transport at busy times too – walk or cycle if you can.

Look out for lots of tips, ideas and activities on how to enjoy yourself safely over this period on the council's social media channels.

Please remember that the actions that you take over the festive period could impact your employer and the people you work with.

An outbreak for any business can be damaging and it can be particularly damaging if you have close contact with people who are vulnerable as part of your role.

I know we continue to ask a lot of our residents and the impact on all our lives is immense. There is light at the end of the tunnel, but for now, let's keep working together to stop Covid in its tracks.

Kind regards,

Dr Liz Robin

Director of Public Health for Cambridgeshire and Peterborough