

## COVID-19 infections are rising – take action

COVID-19 infections are rising again in Cumbria.

The new Delta variant of the covid virus is causing the infections.

We need the support of everyone in Cumbria to help stop the spread of covid. Because the Delta variant is more contagious and many people have not yet had both vaccine doses, there is still the risk that large numbers of people could become seriously ill if infection spreads.

You can help prevent the virus spreading:

- Do regular rapid result covid tests (Lateral Flow) at home as part of your family's weekly routine and register the results online. Visit [cumbria.gov.uk/covidtesting](https://cumbria.gov.uk/covidtesting) to find out where you can get test kits. If the test is positive, self-isolate and book a confirmatory PCR test. Book PCR tests at [GOV.UK/get-coronavirus-test](https://gov.uk/get-coronavirus-test)
- If your child is of primary/nursery school age, we do not recommend rapid result covid tests (Lateral Flow). If your child attends a primary or nursery education setting and either develops symptoms or is asked to get tested by their education setting or health professional, please book a PCR test at [GOV.UK/get-coronavirus-test](https://gov.uk/get-coronavirus-test)
- If you or your children have covid symptoms – new persistent cough, high temperature, loss of taste or smell – book a PCR test through the national system and self-isolate until you get your result. Do not send your child to school if they have symptoms. If you're not sure about the symptoms, get tested as a precaution. If anyone tests positive, they must self-isolate for 10 days. [GOV.UK/get-coronavirus-test](https://gov.uk/get-coronavirus-test)
- Follow advice given to you by your child's school. They are following the local advice from Cumbria's own Public Health Department who understand what is happening locally. Sometimes this advice could be different to what you will be told if you call 119 or look at GOV.UK.
- Get vaccinated as soon as you are able. National data is showing that around 95% of people now being admitted to hospital have not been vaccinated. Visit [NHS.UK](https://nhs.uk) to book.
- Stay vigilant and follow the simple public health guidance – washing hands, wearing masks, keeping your distance and meeting outdoors are effective at preventing spread.
- Following Government advice, minimise travel into the Lancashire or Greater Manchester areas.
- If you do travel out of the county take a rapid result covid test on your return home, get a confirmatory PCR test if you test positive and self-isolate.
- Remember financial support may be available if you need to self-isolate. Check your **District Council website** to see if you are eligible.

Yours sincerely,

**Colin Cox**

Director of Public Health