

Colin Cox • Director of Public Health • Cumbria County Council  
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20 May 2021

Dear Parents and Carers

**Please remain cautious and follow COVID-19 advice**

I am writing to you in relation to COVID-19 (coronavirus).

COVID-19 has affected us all in many ways of the past 14 months. I am grateful to everyone who has followed advice and taken steps to protect themselves, their families and communities during this time.

As a result of everyone's efforts, the number of COVID-19 cases Cumbria is currently very low. Nationally it has also meant we have been able to move to step 3 of the roadmap out of lockdown and further relax measures, which happened on the 17 May. In addition, many of us have now received at least one dose of the vaccine and are feeling more confident about mixing with others and spending time with loved ones.

This is a very positive position to be in. I want this to continue to be the case and this is why I am writing to you to ask that you please continue to be cautious and follow COVID-19 advice. If we drop our guard too soon, we risk seeing cases increase again. My advice to remain cautious is even more important as we work to stop the spread of new variants of COVID-19, which may be transmitted more easily between people.

Therefore, I am specifically asking all parents and carers to:

- Follow any advice given to you by your child's school or COVID-19 track & trace services
- If your child has COVID-19 symptoms get them tested and keep them at home
- Continue to keep a focus on 'Hands, Face, Space and Fresh Air' and follow national guidance in relation to [what you can and cannot do](#)
- Participate in regular [rapid testing](#) – its free. If you get a positive result, ensure to follow up with a [PCR test](#) within 2 days
- Get [vaccinated](#) if you are eligible – it's safe and effective

Thank you for your support.

Yours Sincerely,



Colin Cox  
Director of Public Health  
Cumbria County Council