



THE IMPORTANCE OF RISK AVOIDANCE

Together, by avoiding unnecessary risks, we have helped to lower the transmission of coronavirus in our areas.

Due to our sacrifices we have seen the government continue to set out its strategy to return 'normal life' as quickly and fairly as possible, but in a way that they deem safe as we are requested to remain alert and control the spread of the virus.

Whilst many restrictions remain in place, the latest government guidance released on June 1st discussed shops and schools reopening, its test and trace programme and how we can carry on protecting different groups of people. Thankfully we can now spend more time outdoors, including private gardens and other outdoor spaces in groups of up to six people from different households. To keep moving forwards in our fight against COVID-19 it was suggested that some of the best ways to keep risks to a minimum would be to:

- Stay two metres apart from anyone outside of your household
- Keep the total number of people you see limited - the more people you have interactions with, the more chances we give the virus to spread
- Only visit shops with people you live with
- Continue to avoid public transport other than for essential journeys - cycling, walking or driving where possible
- When seeing family at their home do not go indoors unless you need the toilet urgently, or are passing through to access the garden or going home
- Avoid touching surfaces and if you use the toilet wash your hands thoroughly (as we outlined in our last article), wipe down surfaces, use separate or paper towels and wash or dispose of them safely after use
- Not share equipment (garden, sports, etc) with people outside of your household
- Avoid sharing or passing each other food and drink
- Cover our faces when in an enclosed space where social distancing is difficult and where you are likely to come into contact with people you do not normally meet – this helps us protect each other and reduce the spread of the disease
- If you are showing coronavirus symptoms, or if you or any of your household are self-isolating you should stay at home - this is critical to staying safe and saving lives.

The guidance remains under ongoing review, and are to be formally reconsidered at the end of June, at which point we are led to believe they will be relaxed further if the scientific evidence shows that this is possible.

Ultimately, by following these principles and therefore minimising the risk of contracting or spreading the virus, we are helping to protect ourselves, our families and our communities, ensuring that at the soonest and safest opportunity we can once again embrace our family and friends after many months apart.