



ST HELENS
BOROUGH COUNCIL

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Director of Public
Health
St. Helens Council
Victoria Square
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08 October 2020

Our ref:

Dear Colleague,

Re: Essential Worker Letter

I am writing to thank you for your ongoing work as an essential worker to keep very important areas of our society going. However, we now have new COVID-19 regulations that come into force at midnight midnight Friday 2nd October so I am writing to you to ask for your support.

In St Helens like many boroughs across Merseyside we have seen significant increases in infections. There have been 577 diagnosed cases in the Borough over the last 7 days. This compares with just 14 cases diagnosed in the last week of August. There is now widespread community transmission of the virus in St Helens.

As a priority, we now need to work together to protect those people who are most vulnerable to COVID-19 and prevent further spread of the virus. As a frontline keyworker, you have a significant part to play in this work. You are already working hard to maintain strict infection prevention control and COVID-Secure measures at work, to safeguard the vulnerable individuals you work with. To protect yourself and others, when you leave work or your home, you must also:

- Ensure you stay within the local regulations:
 - You cannot host people in your home or gardens, unless they are in your support bubble.
 - Meet people we do not live with in their home or garden, whether inside or outside of the areas where the regulations are in force, unless they are in your support bubble
 - Social mixing between different household, except in outdoor public spaces like parks,
- Stay at least 2 metres away from anyone you do not live with or who is not in your support bubble
- Wash your hands with soap and water often, and as soon as you get home
- Use hand sanitiser gel if soap and water not available
- Wear a face covering over your mouth and nose where social distancing is not possible outdoors and indoors.



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- By law, you must now wear face coverings in most indoor settings including public transport, shops, post-offices, banks, beauty salons, visitor attractions and entertainment venues, libraries, community centres, places of worship, taxis, bars, pubs and cafes (except when seated) and public areas in hotels.
- Be mindful of the widespread virus transmission and take great care to avoid crowded environments where the risk of transmission is higher.
- Avoid businesses (including pubs, cafes and restaurants) that are not COVID-19 secure and do not adhere to the regulations imposed locally.

As an essential worker you will have been notified by your employer if you are eligible for your flu vaccine. I would like to urge all staff who are eligible for their vaccine to take the opportunity to protect yourself and our community from the spread of flu. We know that the spread of flu alongside COVID-19 will have a significant impact on the health of our population and all our key services particularly the NHS and care sector.

However, even with all the measures above if you do get symptoms you should get a test and if positive self-isolate for 10 days and your close contacts for 14 days. The information below describes the symptoms and how to book a test.

If you develop symptoms such as a cough, or fever, or you lose your sense of taste or smell, get a test and stay at home until you get the result. You can book a test by going to:

- www.nhs.uk/coronavirus
- or calling 119 if you do not have internet access.

If you test positive, please stay at home for 10 days from when your symptoms have started and refer to the guidance at:

- <https://www.gov.uk/government/publications/covid-19-stay-at-home>

The detail of the local restrictions they can be found out:

- <https://www.gov.uk/guidance/blackburn-with-darwen-oldham-pendle-local-restrictions>

You can find frequently asked questions at:

<https://www.sthelens.gov.uk/coronavirus/new-covid-19-measures-frequently-asked-questions/>

I know in St. Helens we will all work together to get the virus under control, we have done it before, and I am positive we will do it again.

I thank you for your help and co-operation.

Yours sincerely

Sue Forster
Director of Public Health