

Keeping Everyone Safe from Covid

Even though restrictions are relaxed, that does not mean we have to, and as a professional scientist my responsibility is to urge everyone not to, instead we need increased vigilance. Keeping safe in the middle of this third wave of the pandemic means taking a variety of precautions. Masks, jabs, testing, distancing, applied together, these provide layers of defence that all work together to keep us all safe.

Here are a few key points, to help us take responsibility for others and ourselves, because we are all the One Body

1. The delta Covid variant, now the most common in the UK, is 3x more transmissible than the previous variants, so everyone needs to increase their vigilance, not relax it.
2. Well done if you are double vaccinated, but the vaccine does not provide 100 % protection. You can still get Covid and it's not good, and if you are vulnerable or over 60 then sadly the chance of death remains, as we are seeing in the 96 deaths recorded nationally today, 21 July, the highest since April 2021.
3. Please keep wearing a mask indoors – that includes Church, and everywhere else, outside of your bubble ! Please wear your masks covering nose and mouth. Extra protection is afforded by the 5 layer FFP2 or N95 type masks. Early in the pandemic these masks were reserved for health care workers when supplies were low, now there are plenty available.
4. Keep your distance – and please respect this amongst us all in Church
5. Lateral Flow Tests are freely available (local chemist, online) and can provide much reassurance if you are regularly potentially exposed to the virus eg through your work or family commitments. The flow tests rarely give a false positive, thus they are more useful than the “track and trace” phone App.
6. The PCC Standing Committee are continually monitoring local case numbers and infection rates to guide us all and keep us safe.