



**An important message from Muriel Scott,
Director of Public Health for Milton Keynes**

As Director of Public Health for Milton Keynes, I am writing to you at this extraordinary time to thank you for all that you've been doing to keep you and your family safe from COVID-19.

To date there has been a lower rate of spread of COVID-19 infection in Milton Keynes than in many other areas. This is really good news. However, we can't be complacent. The challenge to prevent the spread of the virus is now more important than ever.

I know that it won't have been easy for many parents and carers to juggle work, childcare and education at home. I expect your child has found it difficult being away from school and their friends, while having to change their routines.

As some restrictions are being eased it's important to remember that the virus has not gone away. Indeed, it's invisible in some cases, with some people showing no symptoms. This means that anyone can get it, and anyone can spread it.

I urge you to keep following the national government guidance at www.gov.uk/coronavirus and you can find more information at www.milton-keynes.gov.uk/coronavirus

Limiting contact with others and regular hand washing have been proven to work. Maintain social distancing when you go out and wear a face mask where social distancing isn't possible.

If you or any of your family display symptoms (a high temperature, a new persistent cough, or the loss or change to your sense of smell or taste) then you, and those live with or who in your support bubble should self-isolate and get tested. Request a test at www.nhs.uk/coronavirus or by calling 119 ideally within three days of when symptoms start.

This term we have been working with our colleagues in education to minimise the spread of the virus in schools. We look forward to September when schools will be opened more widely. Necessary measures will be taken to ensure the safety of your children and young people whilst they learn.

I hope you enjoy the summer break and with your help we can help MK control COVID-19.

Thank you

Muriel Scott
Director of Public Health