

## Important information from Haringey Council on COVID-19

September 2020

Dear Resident,

As you may be aware the number of COVID-19: Coronavirus cases across Haringey and London has started to increase.

This is something every single one of us must take seriously.

At the moment, the virus appears to be mainly among younger age groups, meaning we have not seen the levels of sickness and death experienced in the first wave.

However, as we head into winter the risks to the older and more vulnerable members of our community grow.

At this point, we would like to say thank-you to the very many people who have been following the Covid-19 guidelines throughout the summer.

Without your cooperation, we would likely have seen the rise in cases far earlier.

But now we must redouble our efforts to do all we can to protect our loved ones from unnecessarily pain and heartache.

By acting straight away we can prevent our NHS services – that's our GPs and hospitals – from being overwhelmed.

It will also stop us from having a second lockdown, one that may cause our shops and businesses to close, and tougher restrictions to be placed on residents again.

Make no mistake, if case numbers continue to rise, we face far stricter regulations from the Government.



**Cllr Joseph Ejiofor**



**Dr Will Maimaris**

We can no longer leave it up to somebody else – we must all take personal responsibility if we are to bring the virus under control.

So please, follow the guidance on the back of this letter and help protect lives and livelihoods. You will also find how to get advice and support from Haringey Council.

Wearing a face covering in public, keeping our distance, washing our hands more often, are small things. But they do make a difference.

Much harder, but equally important, is restricting our social interactions – even outside. We must limit the number of people we mix with, including children.

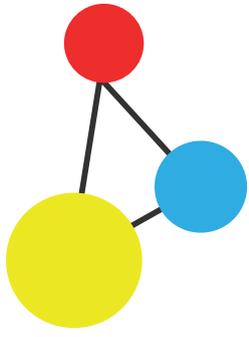
And if you do show signs of Covid-19, a fever, a loss or change of your sense of smell or taste, or a new and continuous cough, stay at home and get a test. If you don't have these symptoms, please don't request a test.

These actions protect us and others and they show our community we really care.

Thank you

**Cllr Joseph Ejiofor**  
**Leader of Haringey Council**

**Dr Will Maimaris**  
**Director of Public Health, Haringey**



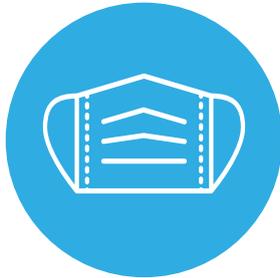
# KEEP HARINGEY SAFE

**Haringey**  
LONDON



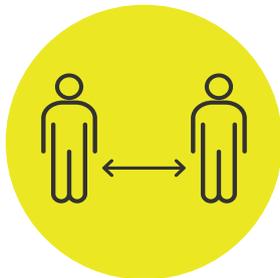
## WASH YOUR HANDS

for 20 seconds



## WEAR FACE COVERINGS

on public transport and  
indoor spaces



## KEEP YOUR DISTANCE

two metres apart



## LIMIT YOUR NUMBERS

keep social gatherings small



## COVID SYMPTOMS

Get tested now

[nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) or call 111

If you need help because of problems related to COVID-19 log on to our Connected Communities web page [www.haringey.gov.uk/connected-communities](https://www.haringey.gov.uk/connected-communities) or call the Connected Communities helpline 020 8489 4431 (Open Monday to Friday 9am to 5pm).