

24th March 2020

An updated message from Dr Will Maimaris, Director of Public Health at Haringey Council about coronavirus (COVID-19)

Dear residents, businesses and partners

Following on from my update of 20th March I now want to make clear the steps people need to take to ensure that we stop the spread of coronavirus in our communities.

It is absolutely vital that people follow the government advice so that we can protect ourselves and each other from the potentially lethal coronavirus, particularly the most vulnerable in our society.

Put simply, if you are not directly involved in the response to the coronavirus outbreak you need to stay at home with your families.

Only go out for:

- Essential shopping and do this only once or twice a week if you can
- To collect medicines or go to essential and urgent medical appointments
- Exercise (no more than once a day)
- To deliver food to vulnerable relatives/friends – this should be left on doorsteps.

When you do go out:

- Do not meet with any people outside your household
- Stay 2 metres away from others at all times.

If you are providing a face to face business that is not essential to the coronavirus response then I urge you to close or move to a delivery only model.

These measures will save lives and protect our health services from being overwhelmed so we can all get the help we need, whether for coronavirus or other emergencies like heart attacks or meningitis in children.

I appreciate these measures are difficult, and many people will be anxious and uncertain about their futures.

I thank people who are already taking these steps to protect themselves and their community and I urge others to do the same as a matter of urgency.

Best wishes

A handwritten signature in black ink, appearing to read 'W. Maimaris', written in a cursive style.

Dr Will Maimaris
Director of Public Health
Haringey Council