



Office of the Director  
of Public Health

Plymouth City Council  
Windsor House  
Plymouth PL6 5UF

T: 01752 398606  
E:  
[www.plymouth.gov.uk](http://www.plymouth.gov.uk)

Dear Parent / Carer

As we hurtle towards the end of term and the school holidays, I am sure that you are all aware that whilst your children are able to have a well-earned rest, COVID-19 still lurks.

The number of cases in Plymouth continues to rise. There have been 191 new cases of COVID-19 over the last seven days and the rate per 100,000 in Plymouth is now 72.9, the highest it has been for four months.

Around 60 per cent of cases are now seen in the under 25s – the age groups which don't have the protection of vaccination yet. This is reflected in the number of cases we are seeing in schools and we currently have around 800 pupils self-isolating.

Our schools across the City have worked so hard over the past few months on making sure that they as Covid secure as possible. However, the Delta variant is now dominant and spreads very quickly.

With restrictions easing, and the school year coming to an end, we understand that young people may want to socialise more - and after the year they have had who can blame them?

But unfortunately we cannot rest. We need you to help us keep them, and our City safe by reinforcing the importance of following the simple COVID safety measures.

If your children are planning on meeting up with others – please can you remind them to:

- Try and meet outside
- Limit the numbers of people they mix with
- If they do meet inside - open a window

Continue taking lateral flow tests at least twice a week - especially if they are meeting others. They act as an alert and can help stop the spread of the virus (you can access these online, from a library, or from our mobile van that is travelling across the city). Go to: [www.plymouth.gov.uk/testing](http://www.plymouth.gov.uk/testing)

And please remember, if your child does start displaying any symptoms, or tests positive to a lateral flow test, they must self-isolate.

I know that everyone is tired of the warnings, the cautions and the impact COVID is having but we are seeing a rising number of cases across all age groups. While the vaccine is very good, it does not stop transmission or illness completely.

Whilst schooling has been disrupted for many children, over the summer if we do not follow the guidance, this could have an impact on holidays, or other plans you and your family might have. And of course there is a risk that the virus spreads to others and they fall seriously ill.

Across the country we are seeing increasing rates of people being hospitalised and sadly more deaths, though at a much lower level that we saw in the previous two waves due to the vaccine.

If we do all we can to reiterate the importance of keeping as safe as possible outside the school and the home, it would really help.

Thank you very much for your continued support. I know it's been an extremely difficult and challenging time for you and your families, but your help is enormously appreciated.

A handwritten signature in black ink that reads "R Harrell". The signature is written in a cursive style and is underlined with a single horizontal line.

**Dr Ruth Harrell**  
**Plymouth Director of Public Health**