

This is a local coronavirus alert for Moreton Hall, Suffolk. Please share this alert with your friends and family today.

If you live or work in Morton Hall, it is important that you read this.

The latest testing information shows a large rise in positive coronavirus cases in Moreton Hall. You must act now to reduce the spread of the coronavirus if we are to avoid the possibility of further restrictions becoming necessary.

There is evidence that a large number of cases in Morton Hall involve household transmission, especially where people are visiting friends and family. People in Suffolk have been good at following the guidance to keep infection rates down, but we must do the following to address this increase now.

Keep adhering to the Rule of Six at all times

- You must limit the number of people within your home to no more than six people at any one time, unless covered by an exemption.
- Avoid meeting with several different groups of people over a short period of time. The more people you interact with, the higher the chance of spreading the coronavirus between households.
- You must stay a minimum of 2 meters apart from people who do not live in your household, including members of your extended family or close friends. It is difficult, but do not hug, kiss or touch others. Maintaining your distance will stop the virus from spreading.

Other things you should do

- Do not share drinking or eating utensils with those outside your household.
- Meet outside or virtually if possible - or keep doors and windows open to increase the flow of fresh air throughout your home.
- Wash your hands with soap and water regularly and keep shared surfaces clean - before and after people visit.

Please DO NOT assume that you are safe if you, or people in your household, are not exhibiting any clear symptoms

People who catch coronavirus may have either very mild symptoms, or no symptoms at all. This means you could have the virus without knowing it, and pass it on to someone who could become very seriously ill or even die.

If you, or any member of your household exhibits any symptoms or you become aware of someone who has visited your household recently who has tested positive or is exhibiting symptoms, the WHOLE household must self-isolate for 14 days and call the NHS to arrange for a test immediately.

When self-isolating:

- Do NOT leave your home
- Do NOT allow others into your home
- Do NOT go to work
- Do NOT send children to school
- Do NOT spread the virus.

Financial support is available to help you during a period of self-isolation. This can include a payment of £500 to support you and other financial support. [More information about that can be found on West Suffolk Councils website.](#)

Whether or not you meet the criteria set by Government, there is help available for those facing financial difficulty or needing support. The Suffolk Support and Advice Service helps people across the county access information or support relating to debt, benefits, housing or employment. You can contact the service on 0800 068 3131 between 9am to 5pm Monday to Friday or visit Suffolk Support and Advice Service.

If we keep following the guidance, we will beat COVID-19. Stick With It Suffolk.

We MUST act now.