



**Public Health  
Northamptonshire**

22<sup>nd</sup> October 2020

Dear Parent/Guardian

**Will you be firm this half term?**

I'm sure I'm not alone in wanting to avoid tighter restrictions and a local lockdown. As I am sure you know, Northamptonshire is currently at level one of the COVID-19 Risk Alert Levels, but I need your help to keep it there. If we use half-term as a natural 'circuit breaker', we might be able to avoid progressing to level two or three.

I'm therefore asking you not to have sleepovers over half term to protect your children, their friends and your parents, as well as yourselves, from COVID-19. Local evidence shows that transmission is within and between households and so, if we don't mix, we don't spread.

The fact is that we are seeing an increase in cases in school aged children and the contact tracing data shows that sleepovers between friends in the last three weeks have played a part in the rise being recorded in the 10 to 19 age group.

I'm asking you to take action and be firm this half term because I know that the people of Northamptonshire rise to a challenge, I've seen it time and time again during this pandemic.

So, this half term will you please meet outside? Don't mix households - and please no sleepovers! Just because we can currently can doesn't mean we should.

Thank you in advance for your support.

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