

The latest data from Public Health England (Saturday 8 August) shows there are increasing cases of coronavirus in your area particularly Heston East which are affecting your communities and we need you to play your part.

The spread of cases suggests it's due to wider family and friend groups meeting and not maintaining social distancing. Please help stop the spread and keep your family and friends safe. You must maintain social distancing from people who do not live in your home. Stay 2 metres away from them at all times.

You can spread coronavirus without symptoms. Don't be the one who makes your vulnerable friends and relatives sick.

IF WE DO NOT REDUCE THIS CONTACT MORE LIVES WILL BE PUT IN DANGER AND WE RISK A LOCAL LOCKDOWN IN HOUNSLOW.

Continue to follow all Government advice:

- Wash your hands/use hand sanitiser, regularly & for at least 20 seconds, especially when you get home.
 - Don't touch your face when you're are not in your home.
- Wear a face covering in shops, supermarkets, on public transport & when in other indoor spaces where keeping apart from others isn't possible. Please always take a face covering with you when you leave your home in case you need to use it.
- Get a free test if you have any symptoms - a high temperature; a new, continuous cough; a loss or change to your sense of smell or taste. Find a local site here.
- Stay home if you have symptoms, test positive for the virus, or have been in contact with someone who has tested positive.

More information at www.hounslow.gov.uk/coronavirus