



DR DAN POULTER MP

Member of Parliament for Central Suffolk and North Ipswich

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At the time of my writing, we find ourselves continuing to live with Coronavirus and its effect on our day to day lives. Although cases are rising rapidly in other parts of the country, figures remain relatively low in Suffolk thanks to the hard work and dedication of so many who have stringently made sacrifices and followed the guidance to try to keep the virus in check.

As we move ahead into what will undoubtedly be a very challenging time, it is vital that we all continue to play our part in helping to control the spread of the Covid-19 virus and help to protect our NHS:

- Cover your face and maintain social distancing (keeping at least 2 metres apart from people who are not from your own household). This helps to protect each other and helps to reduce the spread of the virus;
- Good hand and respiratory hygiene (for example, thorough washing of your hands and wrists for about 20 seconds before eating and when returning home after leaving the house)
- To protect others, it is vital NOT to leave home if you or anyone in your household has Coronavirus symptoms

Remember – Wash Hands, Cover Face, Make Space!

The arrival of the colder winter months, coupled with the annual cold and flu season, means the months ahead will undoubtedly present many challenges. That is why I would urge all of you who are eligible to make sure you receive your flu vaccination this winter. The eligibility list has been expanded to include the most vulnerable people, including adults aged 65 years and over, those with long-term health conditions and pregnant women; all primary school children and Year 7 children; 2 and 3 year olds; household contact of people on the NHS Shielded Patients List, and all health and social care workers who have direct contact with the people they care for. Once these people have received their vaccination, the newly eligible 50-64 year olds will also be invited for vaccination later in the season.

As part of my work in Parliament, at the end of September I chaired a meeting of the All Party Parliamentary Group (APPG) on Coronavirus. The APPG has been established with the aim of ensuring that lessons are learned from the UK's handling of the coronavirus outbreak. It is important that we can learn lessons about what things we can do better, in order to better inform future decisions and to ensure that our health and care system is fully prepared for what is likely to come.

As your MP, I shall always work hard for the people of Central Suffolk and North Ipswich and if there is anything I can help with, please get in touch via www.drdanielpoulter.com