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| |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Covid cases high in young people**  **Figures well above the county average**  Cases of coronavirus are high in young people between 10-21 years of age across the district of Blaby.  The district is well above the county average and above the national average for 17-21 year olds.  Like everyone in our district, young people play an important part in preventing the spread of coronavirus and protecting those at much greater risk.  With Christmas around the corner, its an important time to remind young people of the basics, and just because you can meet with friends in certain circumstances, please think if you should.   * Keep **social distancing - 2 metres apart** * **Wash your hands for at least 20 seconds and use hand sanitiser where it is provided** * **Wear a face covering.**   To reduce the spread of infection pupils aged 12 and over are advised to wear a face covering on their journey, this is especially important if sharing a car, bus or walking with a group of friends to school or college.  We would also like to remind parents of the importance of social distancing at the school gates, not all people show symptoms of coronavirus so it is especially important to keep 2 metres apart from others.  Please encourage young people to act responsibly, think about grandparents and other older friends and family - don't let Covid be what you give this Christmas, it could be fatal for someone you love.  **Thank you** for your efforts so far. Following the guidance in place keeps yourself, friends and family healthy, and Leicestershire a safer, more enjoyable place to live.  Only by working together we can bring the numbers down, and lower the risk of spreading Covid this Christmas.    If you develop symptoms, even if they are mild, stay at home and call 119 or book a test by visiting [www.gov.uk/get-coronavirus-test](https://translate.google.com/website?sl=auto&tl=it&anno=2&u=http://www.gov.uk/get-coronavirus-test).  **It's okay not to be okay.**  If you, or any young people you know are struggling to cope, there's help out there.  [Health For Teens - Looking after emotional health during the Coronavirus outbreak](https://translate.google.com/website?sl=auto&tl=it&anno=2&u=https://www.healthforteens.co.uk/health/coronavirus/looking-after-your-emotional-health-during-the-coronavirus-outbreak/) [Start a Conversation - Helping University Students and their wellbeing](https://translate.google.com/website?sl=auto&tl=it&anno=2&u=https://www.startaconversation.co.uk/students) | | | |