As schools break up and as restrictions are eased, we all want our Shropshire residents to enjoy summer safely.

COVID-19 rates in Shropshire have been climbing over the last month so it's important to remember that the virus is still in our communities and there's lots of things you can do to stop the spread.

- Get both vaccines if you are eligible

- Test twice a week using a Lateral Flow Test

- Get a PCR test if you develop symptoms or are a contact with a positive case

- Follow the 10-day isolation rule

- Quarantine according to national guidelines when you travel

- Wear a face covering – especially indoors or in crowded places

- Minimise the number of social contacts and leave space where possible

- Meet friends outside where possible

- Work from home if you can

If you do have to self-isolate during the summer holidays, support is available. If you have been told to self-isolate by the NHS Test and Trace Service but you are on a low wage and worried about how you will manage, you may be eligible for a support payment of £500 to help you.

For more information about this grant and to apply online, click here or call 0345 678 9002.

And finally, please be kind and considerate to others. Although easing of restrictions will be welcomed by most, it will be a very anxious time for others, particularly those more at risk.

For local advice and support, call Shropshire Council's COVID-19 Helpline on **0345 678 9028** (lines are open Monday to Friday 8am-6pm, but some service options on the line may operate for shorter periods) or visit our website at www.shropshire.gov.uk/coronavirus.