

## What precautions should people take for covid?

The government's latest policy is allow us all much more discretion about how we protect ourselves and others from covid 19. Most have accepted the double dose of vaccine or will do so as the second dose becomes available for the youngest adults. This appears to have brought the death rate down massively from the two previous waves of the disease. We can all now decide for ourselves if we wish to go to events and hospitality settings with other people or not, whether we invite people to our homes or not and whether we will wear masks or not.

I would be interested in your response to these restored freedoms. Are you going to avoid busy places and public transport given the prevalence of the delta variant, or not worry as you are vaccinated? Are you going to wear a mask in busy places as a reassurance to others, or not bother as you are sceptical of the value? Are you going to want some distancing from others, or are you happy now to jostle in crowds and prop up a busy bar?

Yesterday the Minister announced he would not be changing the sensitivity of the NHS app. Do you think it is useful? Is it pinging too many healthy people? How many people do now use it all the time?