

# CORONAVIRUS

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES



# CORONAVIRUS COVID – 19

## LOCKDOWN: 5 January 2021

### Reducing contact with others

The single most important action we can take is to stay at home and reduce contact with other people.

The government has introduced new measures:

1. Stay at home except for limited purposes.
2. Closing certain businesses and venues.
3. Stopping all gatherings of more than two people.
4. Wearing face coverings.

### Staying at home

You should only leave home for limited purposes:

- To go to work if you cannot work from home.
- Visiting a linked household/support bubble
- Education
- Assisting a vulnerable person
- Shopping for basic necessities such as food and medicine.
- Medical treatment
- Outdoor exercise such as a run, walk or cycle.
- Facilitating childcare
- Moving home.
- Worship.

### Work

If you cannot work from home you can travel to work providing you have no symptoms of Coronavirus

and neither you or any of your household are self-isolating due to symptoms. You must also not travel to work or leave your home if you are required to isolate following travel outside UK.

### Restrictions on gathering

- You cannot meet with anybody who you do not live with inside your home, or elsewhere (unless you are in a single person or childcare bubble with those people).
- You can only meet one other person in an outdoor public place (under school age children don't count in numbers)
- You cannot meet in anyone's garden.

### Face Coverings

You must wear a face covering when inside premises such as shops, banks, post offices, estate agents, places of worship, vets, funeral service providers and on public transport and continue to stay two metres apart from people outside your household.

### Car Sharing

- Wear a face mask
- Try to share with the same people every day
- Open windows for ventilation
- Face away from each other
- Travel with as few people as possible

CALL YOUR  
LOCAL  
POLICE



**101**

IN AN  
EMERGENCY  
ALWAYS  
CALL 999

FOR NON-URGENT INCIDENTS, REPORT ONLINE  
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