

# 2<sup>nd</sup> November 2020

## Daily News and Keeping Well Tips

Inclusion North will give you the Government's big messages here.



On Saturday 30<sup>th</sup> October, the Prime Minister Boris Johnson gave a new message about a national lockdown.



The number of people getting Coronavirus each week is getting very high.

The number of people needing to go into hospital is going up a lot



Experts have asked the government to do something to stop Coronavirus getting out of control.

The Government have decide to have another national lockdown.



This will be for the whole of England.

This will be instead of the 3 tier system we have now.

November

5

Starting on Thursday 5<sup>th</sup> November, everyone living in England will be in lockdown.

December

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This will last for at least 4 weeks until 2<sup>nd</sup> December.



MPs in the House of Commons will vote on this on Wednesday when they have all the details.

**This is what we know so far. If it changes we will let you know.**

Under the new lockdown, you should stay at home as much as possible.



You can leave the house for these reasons

- To take children to school, nursery or childcare
- To go to work if you cannot work from home
- To escape from violence at home
- For exercise outdoors
- For medical reasons and appointments
- To care for vulnerable people or to volunteer
- To buy food and other essential items
- To see people in your support bubble



You are allowed to meet one person that you do not live with outdoors. You can only meet in big public spaces like parks. You cannot meet in your own gardens.



You are not allowed to spend time indoors with anyone you do not live with unless they are in your support bubble.



Up to 30 people can still attend a funeral.

Weddings and civil partnerships are not allowed.



Most travel to other countries will be banned.



Holidays in the UK will be cancelled. You can only stay away from your own home for a reason like work.



Nurseries, schools and universities will stay open.

Only essential shops are allowed to open.



Pubs, restaurants and leisure centres have to close.



Take aways and food delivery services can stay open.



- Job centres and courts will stay open.
- Local sports that you might take part in have to stop.



- Big sport events like Premier League football matches will still happen but there will be no crowd watching.



National lockdown is for the whole of England.



It will start on Thursday 5<sup>th</sup> November

If there are any changes we will let you know.

## **Staying well tips**



Start thinking about what you need during lockdown.

Have a plan to stay in touch with people.

Try to go out at least once a day for exercise.

Stay safe. Look after yourself and other people.

