



Coronavirus update - National Lockdown



National Lockdown

Due to the continued increase in COVID-19 infections and the significant pressure hospital across the country are facing we are now in a national lockdown.

The increase in cases has been attributed to the new variant of COVID-19, which scientists have confirmed is between 50%-70% more transmissible. We also know that as many as 1 in 3 people who have the virus don't show symptoms. This is why everyone must stay at home. Reducing social contact breaks the transmission of the virus.

Below, is a simple guide to the lockdown rules.

Of course there is more detail to these rules and you can read the [full lockdown rules on the Government website](#).

Everyone must follow this guidance immediately. The law will be updated to reflect these new rules.

The single most important action we can all take is to stay at home to protect the NHS and save lives.

If you do need to go out, remember - 'Hands. Face. Space.'

- hands – wash your hands regularly and for at least 20 seconds

- face – wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet
- space – stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings)

If you have symptoms, however, mild self-isolate and [get a test](#).

NATIONAL LOCKDOWN

What are the rules?

**** Stay at home at all times ****

What are the exceptions? Only go out when it is essential:

- Work - when it can't be done from home
- Shopping - for yourself or someone you care for
- Education - for vulnerable children and the children of critical workers
- Care - for disabled/vulnerable or to attend a support group
- Exercise - only once a day in the local area
- Visits - you can only visit someone: giving birth, who is dying, in a care home or hospital who needs accompanying to an appointment
- Places of worship are open

Who can I see?

- Your household - the people you live with at home
- Your support bubble - a fixed linked household
- Your childcare bubble - used for looking after your child
- One other person for exercising one to one, in public outdoor spaces only

Can i go somewhere fun?

- Yes - local park, outdoor public spaces only for exercise
- No - gyms, restaurants, leisure and entertainment venue are all closed



[Full lockdown rules](#)

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