



NATIONAL LOCKDOWN RULES

From 5 November 2020



We can:

- Go to school, college or university
- Visit an outdoor public place with the people we live with, with our support bubble or, when on our own, with one person from another household
- Exercise outdoors
- Go to work, if we cannot work from home
- Attend all medical appointments
- Shop for food and essentials
- Help someone else in their home if we are providing care
- Go out to volunteer, including dropping things off at people's homes - but do not enter other people's houses
- Form a childcare bubble with one other family for informal childcare if all the children are under 13 years old
- Attend funerals (maximum 30 people with social distancing)
- Leave the house to escape injury or harm



What has closed/what can't we do

- Non-essential shops, leisure and entertainment venues
- Pubs, bar and restaurants, except for takeaway and delivery services
- Communal worship and weddings are not allowed
- Meet more than one other person outdoors
- Stay overnight away from where you live
- Clinically Extremely Vulnerable people should not go to work



Furlough scheme

- The Furlough Scheme has been extended to cover the lockdown. Employers will know how to access this.

FOR QUESTIONS ABOUT COVID-19 OR HELP WITH ISOLATING:
020 7473 9711 (1-7pm, 7 days a week) or covidhelp@community-links.org