

Script 4

FULL NATIONAL LOCKDOWN - New Restrictions from 5 November 2020

Hello - This video has been produced by Kirklees Council's Migration and Resettlement Team.

On Thursday 5 November the Government placed England in full national lockdown.

Stay at home

You must not leave your home unless it is for one of the permitted reasons.

You must not meet more than one other person who isn't in your household or support bubble outside.

Children under the age of 5 with their parents do not count towards the limit on two people meeting outside.

People dependent on round-the-clock care, such as those with severe disabilities, who are with their parents do not count towards the limit on two people meeting outside.

Maintain social distancing between people who aren't in your household or support bubble.

Wear a face covering in areas where it is mandated or you are unable to maintain social distancing.

You must not meet socially anywhere indoors with family or friends unless they are part of your household or support bubble.

You cannot meet in a private garden.

When you may leave your home

- ✓ For childcare
- ✓ For education, if it is not provided online
- ✓ For work, if you cannot work from home (including if your job involves working in other people's homes)

To exercise outdoors or visit an outdoor public place. These are the people you may do this with:

- ✓ The people you live with
- ✓ The people in your support bubble
- ✓ One person from another household

For medical reasons, appointments and emergencies - continue to use the NHS and attend appointments unless clinicians advise otherwise

To fulfil legal obligations, or to carry out activities related to buying, selling, letting or renting a property

To attend a place of worship for individual prayer

To escape injury or harm - such as domestic abuse

To shop for food and essentials like medicine

To care for vulnerable people or as a volunteer

To visit people in your support bubble

To visit public services such as Jobcentre Plus sites, courts and probation services, Civil Registrations Offices, Passport and Visa Services, services provided to victims and waste or recycling centres.

Children can still move between homes if their parents are separated.

What a support bubble is

A support bubble is where a household with one adult joins with another household. Households within a bubble can still visit each other, stay overnight, and visit public places together.

Covid-19 Community Response freephone helpline

You can call free to let us know what you need help with, or to tell us how you can help others. 0800 4561114 (24 hours a day, 7 days a week).