

# 4<sup>th</sup> January 2021

## Daily News and Keeping Well Tips

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



### National Lockdown – Stay at Home



On Monday 4<sup>th</sup> January, Prime Minister Boris Johnson came on tv to tell the country that there is a full lockdown in the whole of England.



- This is because the number of people getting Coronavirus is going up very fast
- It is easier to get the new type of Coronavirus
- There are now a lot more people in hospital with Coronavirus than in April 2020.



Boris Johnson said everyone must stay at home.



### What the rules are now

- You have to stay at home as much as possible.
- You cannot meet anyone that you do not live with unless they are in your support bubble.



You should stay at home. You can leave home for a few important reasons



- To go to work if you cannot work from home.
- To exercise once a day. You can exercise with the people you live with, people in your support bubble or one person you do not live with.
- To go shopping for food.
- To get medicine from the chemist.
- To go to doctors appointments or the hospital.
- If you are at risk of abuse at home.
- If you are visiting someone who is dying.
- Take your pet to the vets.



Schools, colleges and universities are closed for most children.



Schools will only open for key workers children and vulnerable children.



Most shops are closed. All gyms, hairdressers, beauty salons and tattoo shops are closed.

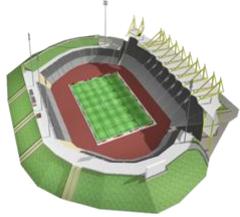




Pubs, bars, cafes and restaurants are closed except for takeaways and delivery.

Pub

Hotels, Bed and Breakfasts and Campsites are closed.



Sports centres are closed.



Places like bowling alleys, theatres and cinemas, zoos and museums are closed.

Theatre

You should not to travel to other parts of the country unless it is essential.

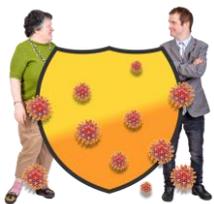


The lockdown will last until the middle of February and then the Government will review it.



## Shielding

People who had a shielding letter in April or are clinically vulnerable must shield again and not leave their home.



These people will get another letter about shielding in the post soon.



## Keeping well tips



It's ok to feel sad and worried about going into full lockdown again.



Try to remember that lots of people are getting the vaccine every day.



Hopefully one day soon, everyone who needs the vaccine will have it and we can all see our friends and family again.



Stay in touch with people.

Text people. Ring them. Send a card. Say hi.



Ask for help if you feel sad or worried.