

## 4<sup>th</sup> December 2020 Weekly News and Keeping Well Tips



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

### Christmas support bubbles with family and friends. What the rules say.



The government have said that people can make a Christmas support bubble from the 23<sup>rd</sup> to the 27<sup>th</sup> December.



To make this as safe as possible, you should try not to meet people you do not live with or who are not in your usual support bubble from the 9<sup>th</sup> December until you start your Christmas support bubble.

This will help to stop the spread of the coronavirus.



The Christmas support bubble rules are

You can only make one support bubble with the people who live in your home and people who live in two other homes.



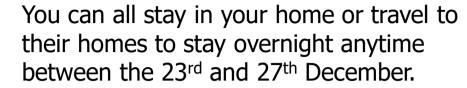
- You can only meet in your home or their home, in the garden or outdoor spaces like parks and in places of worship like churches or temples or mosques.
- You must not meet people who are not in your Christmas support bubble.



• If you are already in a support bubble with people in a different home then you can still choose two other homes to be part of your Christmas support bubble.







 After the 27<sup>th</sup> December you need to try to stay away from people you do not live with for two weeks. This will help stop the spread of Coronavirus.

# For people who are clinically extremely vulnerable and had a letter about shielding



If you are in this group, you can still have a Christmas support bubble but you need think carefully about keeping yourself safe from catching the virus.

Seeing more people over Christmas might not be the safest thing for you to do.



Have a think about it and get advice from people you trust.

### **Coronavirus vaccines**



There is news about Coronavirus vaccines nearly everyday.

A vaccine is an injection to stop you catching coronavirus.



JCVI

Joint Committee on Vaccination and Immunisation One of the vaccines has been checked to make sure it is safe and that it works well. This will be used in the United Kingdom.

The NHS will start to give people the vaccine as soon as possible.

The NHS will let you know when it is your turn to have the vaccine.

Connect Give

A Committee of experts will decide who will get the vaccine first.

They will think about who is most at risk of being very ill or dying if they catch Coronavirus. They will get the vaccine first. Then other people.

### **Keeping well tips**



Think about making a list of goals or dreams for next year.

Think about what you are planning to do at Christmas and who will be in your Christmas Support Bubble.



Be kind to someone else everyday, say hello or give them a telephone call. This will make you both feel good.