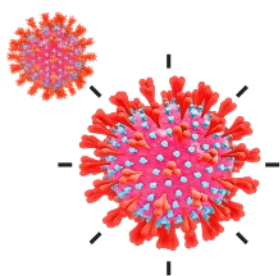


## Lockdown 3.0 Rules



On January 4<sup>th</sup> 2021 the government announced a third national lockdown for England.

It starts on the 5<sup>th</sup> January and will last for at least 7 weeks.



## Why the sudden lockdown?

This is because there is a new type of the Coronavirus which is spreading more easily.



## What are we being asked to do?

We need to stay at home most of the time.

## We can only leave the house for one of these reasons:

- To shop for essential items for you or someone else who needs help. For example, food and medicines.
- To go to work if you can't work from home
- To seek medical help
- To escape any danger at home
- To visit a GP, hospital, vet or other essential service
- To exercise - with your household or with one other person





### Can I see my friends?

You can meet one friend or person **outside** of your household to exercise, but you need to stay 2 metres apart.

E.g you can go for a walk with a friend, but you can't meet up for a chat on a bench.

You can't meet a friend in your house.



### Where can I exercise?

You can visit any outdoor public space for exercise, such as a park, beach, public garden or woodland.



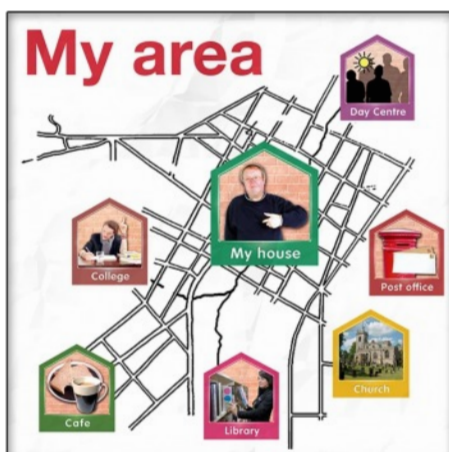
### Can I travel at all?

You need to stay local to your town or village unless you have a good reason to travel.

### When am I allowed to travel outside my area?

You can travel:

- for an appointment
- to visit the GP or hospital
- to go to a shop or service that you need
- a short distance to access an open space for exercise.





### What about overnight stays?

No. You need to stay at home unless you are staying with your support bubble.

There are a few times you're allowed for special circumstances such as going to a funeral or moving house.



### What if I'm 'clinically extremely vulnerable'?

You will get a letter from your GP if you are. It means you could catch the virus more easily.

You should start shielding again which means stay home as much as possible and limit any time you spend outdoors.



### What happens if I break the rules?

If you go out you may be stopped by the police and asked why you're outside of your home.

Don't worry if they do, they're just checking people are following the rules.

Tell them why you are out.



If the police stop you and you haven't got a 'reasonable excuse' then they can give you a £200 fine.

If you break the rules again the fine goes up to £400.

|   |  |
|---|--|
|    | <p><b>Can I still see my support bubble?</b></p> <p>Yes you can, or you can form one if you live on your own and haven't got one yet.</p>  |
|   | <p><b>Lots of places will be closed:</b></p> <p>These include:</p> <ul style="list-style-type: none"> <li>- Gyms, swimming pools and golf courses</li> <li>- Hairdressers and barbers</li> <li>- Many shops, café's and restaurants</li> <li>- Cinema's and Museums</li> <li>- Zoo's</li> </ul>    |
|  | <p><b>Will any shops be open?</b></p> <p>Yes. Shops selling essentials such as food and medicine, as well as garden centres.</p>   |
|  | <p><b>There are a few other things allowed this time:</b></p> <ul style="list-style-type: none"> <li>- Professional football and rugby can still go ahead.</li> <li>- Takeaway's can still serve food.</li> <li>- Library's can operate click and collect service, and offer IT access.</li> </ul> |



**cornwall  
people first**

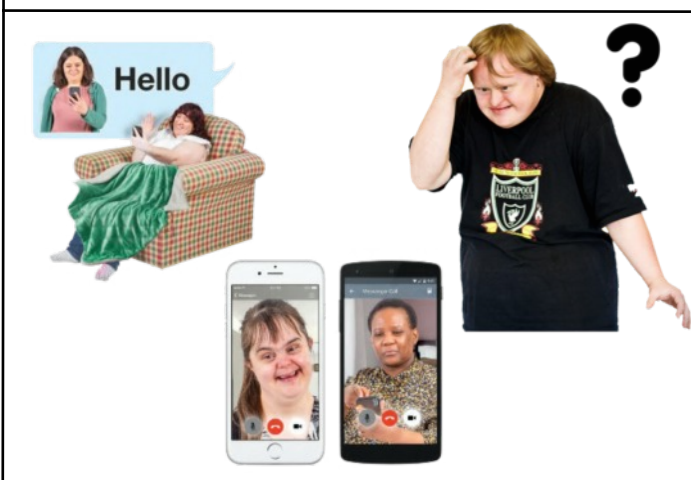


- Weddings are allowed with 6 people.
- Funerals are allowed with 30 people.
- You can still attend places of worship, although you must remain socially distanced and not mix with anyone outside of your household bubble.
- Public toilets, car parks and playgrounds will stay open.



**Remember, when we go out we need to:**

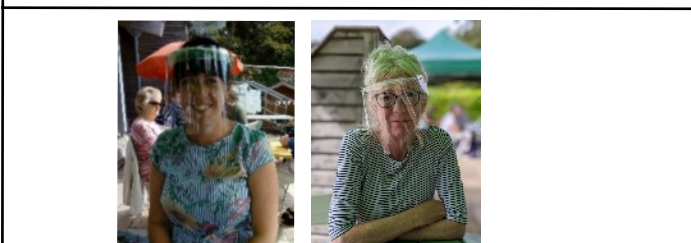
- Socially distance from others.
- Wear a face covering in indoor public places.
- Wash our hands frequently.



If you're feeling confused then talk to someone you trust.

**You could talk to:**

- a friend
- a family member.
- a support worker.
- Who can YOU ask?



Take care and stay safe,

From all of us at  
Cornwall People First