



Cabinet Office

## COVID-19 Guidance

# National lockdown: Stay at Home

COVID-19 is spreading quickly across the country. Find out what you can and cannot do



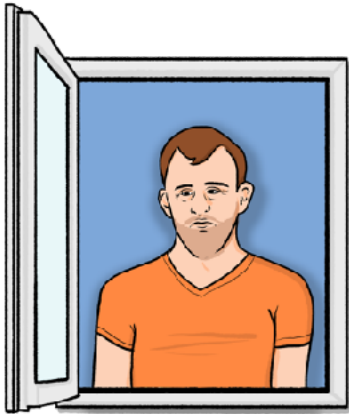
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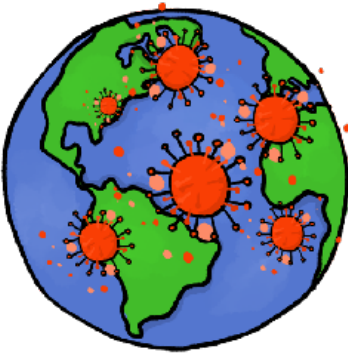
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# Introduction



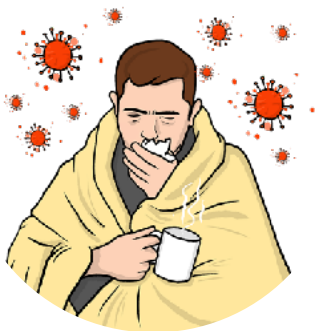
The Government has announced a **national lockdown**.

A **national lockdown** means that everyone in the country should stay at home and away from other people.



This information explains the rules of the lockdown that will help to keep people safe from **COVID-19**.

**COVID-19** is a new illness that is spreading around the world. It can affect your lungs and breathing.

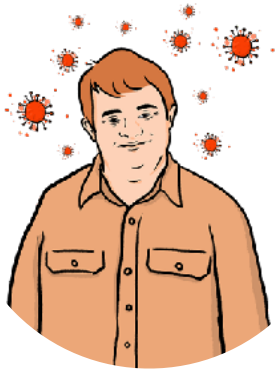


Many people are getting ill and the NHS is getting very busy.



You must follow these rules to protect the NHS and save lives.

# Remember



Many people who have caught COVID-19 do not feel ill. They could be spreading the illness without knowing they have it.



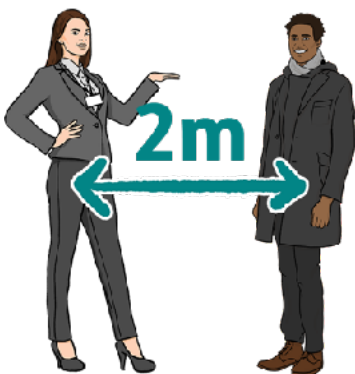
To reduce the spread of COVID-19 you need to remember:

**Hands** - wash your hands regularly, for at least 20 seconds.



**Face** - wear a face covering:

- when you are inside somewhere
- outside when you are near people you don't usually meet.



**Space** - stay 2 metres apart from people you do not live with.

# When you can leave home



You must stay at home.

You must not go out of your home unless you have a good reason.



This is the law.



You may leave the home to:

- go to work, but only if you can't work from home



- be a volunteer



- shop for the basic things you need, like food



- help children go to school or childcare



- visit someone who is in your **support bubble**

A **support bubble** is where a person living on their own joins up with another **household**.

A **household** means people who live together in the same house.



- care for someone



- help someone in an emergency



- go to a **support group** - up to 15 people

A **support group** are people who meet to help each other with a certain issue.



- get some exercise in a public outdoor place - like a park, beach or countryside

You can do this with your household, support bubble or one other person.



- get medical help



- get away if you are in danger



- visit someone who is dying



- take an animal to the vet



- go to a religious service, a funeral or a wedding.



If you do leave home, you should always stay **local**.

**Local** means the village, town, or part of the city where you live.

# Travel



If you need to travel, you should walk or cycle if you can.



If you have to use buses, trains or trams, you should plan ahead and avoid busy times.



You must wear a face covering on buses, trams or trains.



Don't share a car with anyone who is not in your household or support bubble.



# Clinically extremely vulnerable



**Clinically extremely vulnerable** means you are likely to be very ill if you catch COVID-19.



If you are clinically extremely vulnerable, you will get a letter from your local health services telling you what you should do and what you should not do.



You should only go out if you have to like for medical appointments or exercise.



You should not go to work.

# Meeting others

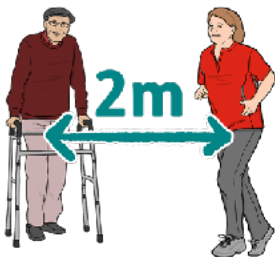


You cannot leave your home to meet with anyone except where:

- you live with them
- you are in a support bubble with them.



You may exercise, once a day, on your own, or with one other person.



Stay 2 metres apart from anyone not in your household or your support bubble.



You must wear a face covering in many indoor places like:

- shops
- places of worship
- buses, trains or trams.

# Schools and colleges

Schools and colleges will only be open for:



- **vulnerable children** - children who would come to harm if they are not in school



- children of **critical workers** - workers who have to work, like doctors and nurses.



All other children will learn at home until the middle of February.



Nurseries will be open.



Universities will teach most students online until the middle of February.

# Childcare



Nurseries and childminders can stay open for children who are too young to go to school.



Childminders should only look after school-age children if they are vulnerable or the children of critical workers.



Parents can form a **childcare bubble**. This is where 2 families join together to look after their children.



**Nannies** can carry on working. **Nannies** look after your children in your home.

# Where and when you can meet in larger groups



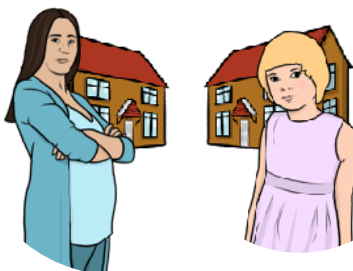
Meeting larger groups of people is not allowed.



But you can meet people outside in larger groups for certain reasons.

These include meeting:

- people for work or volunteering. This includes work in people's homes
- together, to look after children
- people at school, college or training
- children who do not live in the same house as their parents





- children who are being looked after by the local council



- someone who is about to have a baby



- someone who needs help in an emergency



- someone who is dying



- to do something the law says you must do



- to care for a vulnerable person



- for a wedding - up to 6 people



- for a funeral - up to 30 people



- the very best sports people



- to move house.



Up to 15 people can meet up if they are an organised group that supports each other.

# If you break the rules



The police can take action against you if you meet in larger groups.



You may be fined up to £200 if you don't follow the law.



If you keep breaking the law, the fines get bigger and could go up to £6,400.



If you help to organise a gathering of more than 30 people, the police can make you pay a fine of £10,000.



# Holidays



Holidays in the UK and abroad are not allowed.

This includes:



- staying in a second home or caravan



- staying with anyone you do not live with.

## Staying overnight

You are allowed to stay overnight somewhere if:



- you are visiting your support bubble



- you can't get home



- you are moving house



- you are going to a funeral



- you need to stay somewhere for work



- you are a child at a school



- you are homeless



- you are one of the very best sports people.

# Visiting relatives in care homes



You can visit people in care homes.

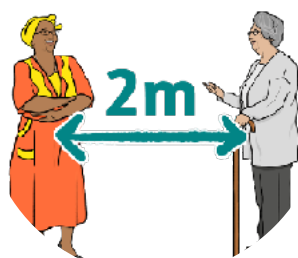
You will be able to see the person through a screen or a window. You won't be able to be in the same room as them.

# Weddings, civil partnerships, religious services and funerals



You can have up to 30 people at a funeral.

You can have up to 6 people at other events to remember someone.



People should keep 2 metres away from anyone they don't live with.



Weddings and civil partnerships should not take place, except if 1 person is likely to die.

## Places of worship

A **place of worship** is a church, temple, synagogue or mosque.



You can go to a place of worship, but you must only mix with people you live with or who are in your support bubble.

# Sports and physical activity



Indoor gyms and sports centres will close.

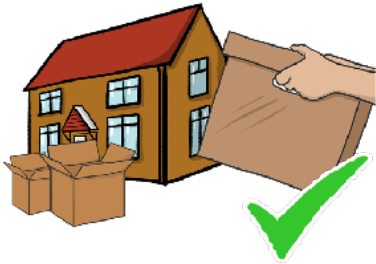


Outdoor sports courts, outdoor gyms, golf courses, outdoor swimming pools, riding centres and playgrounds can stay open.



Organised outdoor sport for disabled people is allowed.

# Moving home



You can still move home.



You can go and look at places you might want to move to.



Estate agents and removal firms can carry on working.

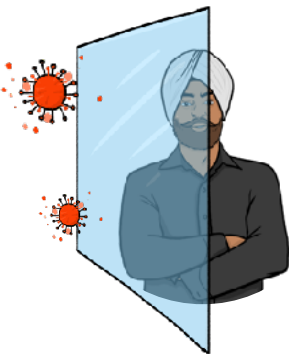


People you don't live with should not help with moving house unless really needed.

# Help with money



The Government may be able to help you with money:



- For help with money if you have a job, but cannot work go to:  
**[www.gov.uk/what-to-do-if-youreemployed-and-cannot-work](http://www.gov.uk/what-to-do-if-youreemployed-and-cannot-work)**



- For help if you have lost your job:  
**[www.gov.uk/what-to-do-if-youwere-employed-and-have-lostyour-job](http://www.gov.uk/what-to-do-if-youwere-employed-and-have-lostyour-job)**



- For help if you work for yourself and are getting less work:  
**[www.gov.uk/what-to-do-if-youreself-employed](http://www.gov.uk/what-to-do-if-youreself-employed)**

# Businesses and venues



A venue is a place where people meet to do something.

## Businesses and venues which must close



- shops, except food shops and pharmacies



- cafés, pubs and restaurants



- hotels, guest houses and campsites



- leisure and sports centres

- theatres, concert halls, cinemas, museums and art galleries



- historical places

- hairdressers and beauty salons

- community centres and halls.





## Businesses and venues which can stay open

- food shops and pharmacies



- market stalls

- businesses that repair things



- petrol stations, bicycle shops and taxis



- banks and post offices



- funeral directors



- laundrettes and dry cleaners

- medical services and dentists



- vets and pet shops



- animal rescue centres



- mobility and disability support shops



- car parks, public toilets



- outdoor playgrounds

- outdoor gyms, sports and pools



- golf courses

- places of worship



- crematoriums and burial grounds.

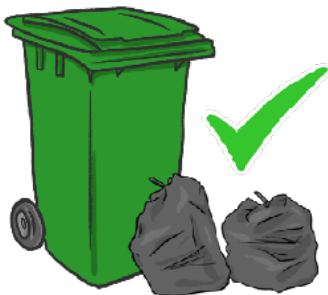


## Public services

Most public services will carry on working.

These include:

- NHS medical services like your local doctor and dentist
- Jobcentre Plus
- courts
- the registrar, for births, marriages and deaths
- passport offices
- services for people who have suffered from a crime
- waste and recycling centres.



# For more information



If you need more information, please go to:

**[www.gov.uk/guidance/national-lockdown-stay-at-home](https://www.gov.uk/guidance/national-lockdown-stay-at-home)**