

**National Restrictions in England from 5th November Explained**

From Thursday 5 November until Wednesday 2 December, the Government is:

- 1 Requiring people to stay at home, except for specific purposes.
- 2 Preventing gathering with people you do not live with, except for specific purposes.
- 3 Closing certain businesses and venues.

More information can be found here: <https://www.gov.uk/guidance/new-national-restrictions-from-5-november?priority-taxonomy=774cee22-d896-44c1-a611-e3109cce8eae>

**Stay at home**

This means you must not leave or be outside of your home except for specific purposes. These include:

- for childcare or education, where this is not provided online
- for work purposes, where your place of work remains open and where you cannot work from home
- to exercise outdoors or visit an outdoor public place - with the people you live with, with your support bubble or, when on your own, with 1 person from another household (children under school age, as well as those dependent on round-the-clock care, such as those with severe disabilities, who are with their parents will not count towards the limit on two people meeting outside) (see below for a definition of outdoor public places)
- for any medical concerns, reasons, appointments and emergencies, or to avoid or escape risk of injury or harm - such as domestic abuse
- shopping for basic necessities, for example food and medicine, which should be as infrequent as possible
- to visit members of your support bubble or provide care for vulnerable people, or as a volunteer

This list is not exhaustive, will be set out in law and further guidance will follow.

**Social Distancing**

You should minimise time spent outside your home and when around other people ensure that you are two metres apart from anyone not in your household or support bubble.

**Meeting with family and friends**

You must not meet socially indoors with family or friends unless they are part of your household - meaning the people you live with - or support bubble. A support bubble is where a household with one adult joins with another household. Households in that support bubble can still visit each other, stay overnight, and visit outdoor public places together.

You can exercise or visit outdoor public places with the people you live with, your support bubble, or 1 person from another household (children under school age, as well as those dependent on round-the-clock care, such as those with severe disabilities, who are with their parents will not count towards the limit on two people meeting outside).

Outdoor public places include:

- parks, beaches, countryside,
- public gardens (whether or not you pay to enter them), allotments
- playgrounds

You cannot meet in a private garden.

Food shops, supermarkets, garden centres and certain other retailers providing essential goods and services can remain open.

Non-essential retail can remain open for delivery to customers and click-and-collect.

A number of public services will also stay open and you will be able to leave home to visit them. These include:

- the NHS and medical services like GPs.
- Jobcentre Plus sites
- Courts
- Civil Registrations Offices

Weddings, civil partnerships, religious services and funerals

Funerals can be attended by a maximum of 30 people, and it is advised that only close friends and family attend. Linked ceremonial events such as stone settings and ash scatterings can also continue with up to 15 people in attendance. Anyone working is not included. Social distancing should be maintained between people who do not live together or share a support bubble.

Weddings, civil partnership ceremonies will not be permitted to take place except in exceptional circumstances.

### **Going to work**

To help contain the virus, everyone who can work effectively from home must do so. Where people cannot do so (for instance people who work in critical national infrastructure, construction or manufacturing) they should continue to travel to work/attend their workplace.

Public sector employees working in essential services, including education settings, should continue to go into work. Extra consideration should be given to those people at higher risk.

### **Going to school, college and university**

These remain open. There are further restrictions in place for university students:

If you live at university, you must not move back and forward between your permanent home and student home during term time. You should only return home at the end of term for Christmas. The Government will publish further guidance on the end of term.

### **Childcare and children's activities**

Parents will still be able to access some registered childcare and other childcare activities (including wraparound care) where reasonably necessary to enable parents to work, or for the purposes of respite care.

Early years settings can remain open. Parents are able to form a childcare bubble with another household for the purposes of informal childcare, where the child is 13 or under.

Protecting people more at risk from coronavirus

### **If you are over 60 or clinically vulnerable**

You could be at higher risk of severe illness from coronavirus.

You:

- should be especially careful to follow the rules and minimise your contacts with others
- should continue to wash your hands carefully and more frequently than usual and maintain thorough cleaning of frequently touched areas in your home and/or workspace

Clinically vulnerable people are those who are:

- aged 70 or over (regardless of medical conditions)
- under 70 with an underlying health condition listed below (that is, anyone instructed to get a flu jab each year on medical grounds):
- chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
- chronic heart disease, such as heart failure
- chronic kidney disease
- chronic liver disease, such as hepatitis
- chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS) or cerebral palsy
- diabetes

- a weakened immune system as the result of certain conditions or medicines they are taking (such as steroid tablets)
- being seriously overweight (a body mass index (BMI) of 40 or above)
- pregnant

There is a further group of people who are defined, also on medical grounds, as clinically extremely vulnerable to coronavirus – that is, people with specific serious health conditions. The Government are advising them to work from home. If you cannot work from home, you are advised not to go to work and may be eligible for Statutory Sick Pay (SSP) or Employment Support Allowance (ESA). You are encouraged to stay at home as much as possible, but are encouraged to go outside for exercise. The Government will write to everybody who is clinically extremely vulnerable to set out detailed advice while the new restrictions are in place.

### **Visiting relatives in care homes**

Guidance on care home visits will be published ahead of Thursday. For now, you should follow existing guidance here:

<https://www.gov.uk/government/publications/visiting-care-homes-during-coronavirus/update-on-policies-for-visiting-arrangements-in-care-homes>

### **Travel**

You should avoid travelling in or out of your local area, and you should look to reduce the number of journeys you make. However, you can and should still travel for a number of reasons, including:

- travelling to work where this cannot be done from home
- travelling to education and for caring responsibilities
- hospital, GP and other medical appointments or visits where you have had an accident or are concerned about your health
- visiting venues that are open, including essential retail
- exercise, if you need to make a short journey to do so

If you need to travel, the Government encourages you to walk or cycle where possible, and to plan ahead and avoid busy times and routes on public transport. This will allow you to practise social distancing while you travel.

Overnight stays and holidays away from primary residences will not be allowed. This includes holidays abroad and in the UK. It also means you cannot stay in a second home, if you own one, or staying with anyone you do not live with or are in a support bubble with. There are specific exceptions, for example if you need to stay away from home (including in a second home) for work purposes.

You must not travel if you are experiencing any coronavirus symptoms, are self-isolating as a result of coronavirus symptoms, are sharing a household or support bubble with somebody with symptoms, or have been told to self-isolate after being contacted by NHS Test and Trace.

If you need to use public transport - to travel to work for example - you should follow the safer travel guidance:

<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passenger>

### **New way of getting urgent NHS care in Oxfordshire**

Oxfordshire residents are being encouraged to contact NHS 111 first if they are thinking of attending an Emergency Department.

NHS 111 is a national system that people can contact if they need clinical advice. Now, people who need clinical advice but aren't in a life-threatening emergency are encouraged to contact NHS 111 first before attending their local Emergency Department (A&E).

People will still be able to contact 999 and attend an Emergency Department if they are experiencing a medical emergency, but we would encourage people who do not need emergency care to contact NHS 111 First to receive the most appropriate, timely, and convenient treatment.

Read more here - <https://www.ouh.nhs.uk/news/article.aspx?id=1410>