

16th October 2020

Weekly News and Keeping Well Tips



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

What do local COVID alert levels mean?

Medium risk areas



- You can meet in groups of up to 6 people inside and outside
- You can also meet with them in public places like parks, pubs and restaurants
- Pubs and restaurants close at 10pm

High risk areas



- You are not allowed to spend time indoors with anyone you don't live with unless they are in your support bubble
- This means in your house or their house, and in pubs or restaurants
- You can meet in groups of up to 6 people as long as you are outside. This can be in public places or in your garden
- Pubs and restaurants close at 10pm

Very high risk areas



- You cannot spend time with anyone you do not live with. This is indoors and outdoors
- All pubs and restaurants are closed
- Some leisure centres, gyms, casinos, hairdressers and beauty salons might close. Local councils will decide.
- People should not enter or leave an area that is Very High
- You should only travel around inside a Very High area if it is essential

High

The areas in the North East that are labelled as High are



- **Northumberland**
- **Newcastle**
- **Sunderland**
- **Gateshead**
- **North Tyneside**
- **South Tyneside**
- **County Durham**
- **Middlesbrough**
- **Hartlepool**
- **Redcar and Cleveland**
- **Stockton on Tees**
- **Darlington**

High

In Yorkshire the places that are labelled as High are



- **Bradford**
- **Calderdale**
- **Kirklees**
- **Leeds**
- **Wakefield**
- **Barnsley**
- **Doncaster**
- **Rotherham**
- **Sheffield**
- **York**



Medium Risk

Meeting in larger groups is against the law

If you live in a Medium Risk area you can see family and friends but you must not meet in a group of more than 6 people, indoors or outdoors.

In England this includes children of any age.

If you break the rules and meet with more than 6 people in a group inside or outside of your home you can be fined £200.

If you keep breaking the rules you can be fined more money each time you break the rules.



Where can there be more than 6 people?

If you have more than six people living in your home, or your support bubble is more than six people.

Then you can still meet up inside or outside of your home.

Schools and places that people work do not have to follow the rule about six people.



Self-isolate for 14 days

I understand



Breaking the law

If you have tested positive for COVID-19 it is against the law if you do not stay at home and self-isolate.

This means you can be fined.

You can also be fined if you are told by NHS Test and Trace that you need to self-isolate but then you go out.

There is support for people who are self-isolating. NHS Test and Trace will put you in touch with your local authority helpline.





What is a circuit breaker?

A circuit breaker is a set of rules that could be used for at least 2 weeks in local areas.

The government's science advisers have said that it would be good to have a circuit breaker.

This would help to stop the spread of coronavirus in local areas.

The aim of a circuit breaker would be to stop a national lockdown from happening.

It would help to stop the intensive care units in hospitals filling up again.

A circuit breaker could mean that there would be very strict rules in some local areas.



Keeping well tips:

- Learn a new 'word of the day' every day
- Have a 'clear the clutter' day at home
- Eat well and drink plenty of water
- Dance to your favourite song
- Enjoy the little things like:
 - fresh air
 - fun times
 - times you feel happy

