HM Government

NHS

CORONAVIRUS
NATIONAL RESTRICTIONS

5 November to 2 December
National restrictions apply to England:

Meeting Indoors

You cannot meet anybody socially indoors unless they are in your household or support bubble.

Meeting Outdoors

You can meet with 1 person from another household in outdoor public spaces, following social distancing. Children under 5 and anyone dependent on continuous care do not count towards the 2 person limit.

Weddings and Funerals

Weddings, civil partnership ceremonies can only take place where one of those getting married is seriously ill and not expected to recover. Funerals can take place with up to 30 people in attendance.

Working from home

You must work from home if you can. If you cannot work from home you should continue to go to work (unless you are clinically extremely vulnerable).

Essential Shops

Open. Essential shops should follow COVID-secure guidelines.

Non-essential Retail

Closed. Can only open for click-and-collect and delivery services.

Exercise

You can exercise outside on your own or with your household; your support bubble; or one person from another household.

Leisure and Gyms

Closed, except for allotments and outdoor playgrounds.

Hospitality

Closed except for takeaway, click-and-collect, drive through and delivery services. Takeaway not permitted after 22:00.

Education

Early years, schools and FE colleges open. Universities must reflect wider restrictions.

Healthcare Services

You can leave home for any medical reason.

Residential Care

Care homes are encouraged to provide safe, COVID-secure visiting opportunities. See the guidance for details on how to keep visits safe.

Travel

You must not travel in the UK or overseas other than for permitted reasons, including work, education, medical reasons, caring responsibilities or for essential retail.

Public Transport

You may still use public transport, but should only travel for permitted reasons and should look to reduce the number of journeys you make, avoid travelling at peak times, and walk or cycle where you can.

Overnight Stays

Overnight stays and holidays away from primary residences are not allowed, except for work and other exempt purposes.

Entertainment and tourism

Entertainment venues are closed. Public gardens at visitor attractions are open.

Vulnerable People

If you are 60+ or clinically vulnerable, be especially careful to follow the rules and minimise contacts with others. If you are clinically extremely vulnerable you are advised to stay at home as much as possible, except to go outdoors for exercise or to attend essential health appointments.

Worship

Closed except for: Funerals, broadcasting acts of worship, and individual prayer.

Childcare

Registered childcare and childcare activities open to enable parents to work, or respite care. Parents can form a childcare bubble with another household for informal childcare, where the child is 13 or under.

Youth Clubs and Activities

Some youth services are able to continue, such as 1-1 youth work and support groups, but most youth clubs and groups will need to cease for this period.

For more information and detailed guidance visit:
gov.uk/coronavirus

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