

New Lockdown Easy Read From Thursday 5th November



Pubs, bars and restaurants will close



Food takeaways and deliveries will stay open



All non-essential shops must close



Essential shops e.g. food, pharmacies will stay open



Don't meet people you don't live with inside, only for help or childcare



You can exercise outdoors with 1 person you don't live with



Do not travel only for work or healthcare



Stay at home if you can; only leave for education, work (if you can't work from home), medical, shopping for food, caring for others or outdoor exercise



Nurseries, schools, colleges and universities will be open



Children under school age with parents don't count towards limit of 2 people outside



Keep wearing a mask if you do have to go out (unless you are told you don't have to)



Remain 2 metres away from anyone else



Keep washing and sanitising your hands