

## MDC COVID Bulletin

Tuesday 5<sup>th</sup> January 2021

# We are in national lockdown

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### All areas of England are subject to a national lockdown.

You should follow this guidance immediately. The law will be updated to reflect these new rules.

[Lockdown poster attached to this email.](#)

### Stay at home

The single most important action we can all take is to stay at home to protect the NHS and to save lives.

This means you must not leave your home except where necessary.

You may leave home to:

- shop for basic necessities, for you or a vulnerable person
- go to work, or provide voluntary or charitable services, if you cannot reasonably do so from home
- exercise with your household (or support bubble) or one other person, this should be limited to once per day, and you should not travel outside your local area
- meet your [support bubble](#) or [childcare bubble](#) where necessary, but only if you are legally permitted to form one
- seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse)
- attend education or childcare – for those eligible

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## Education

National lockdown means that from today (5<sup>th</sup> January), most children will learn remotely until **February half term**.

Colleges, primary (including Year R) and secondary schools will remain open for vulnerable children and the children of [critical workers](#). Your child's school will confirm arrangements with you as soon as they are able - please be patient as local schools put measures in place. Early years settings will remain open.

We will update our website with more details of the changes as soon as we are able. In the meantime, you can find information about the changes [on the Government's website](#).

Please keep following the latest guidance – coronavirus is spreading rapidly across the Mendip district and our local NHS is under severe pressure. We need to keep working together to protect our communities.

Thank you and please stay safe.

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

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## Exercising and meeting other people

You should minimise time spent outside your home.

It is against the law to meet socially with family or friends unless they are part of your household or support bubble. You can only leave your home to exercise, and not for the purpose of recreation or leisure (e.g. a picnic or a social meeting). This should be limited to once per day, and you should not travel outside your local area.

You can exercise in a public outdoor place:

- by yourself
- with the people you live with
- with your support bubble (if you are legally permitted to form one)
- in a childcare bubble where providing childcare
- or, when on your own, with 1 person from another household

Public outdoor places include:

- parks, beaches, countryside accessible to the public, forests
- public gardens (whether or not you pay to enter them)
- the grounds of a heritage site
- playgrounds

Outdoor sports venues, including tennis courts, golf courses and swimming pools, must close.

When around other people, stay 2 metres apart from anyone not in your household - meaning the people you live with - or your [support bubble](#). Where this is not possible, stay 1 metre apart with extra precautions (e.g. wearing a face covering). You must wear a face covering in many indoor settings, such as shops or places of worship where these remain open, and on public transport, unless you are exempt. This is the law. [Read guidance on face coverings](#).

Attached to this email is a poster you may find useful to print and display in play areas.

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This MDC Bulletin was produced by Mendip's Marketing and Media Team.

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