

11th September 2020

Weekly News and Keeping Well Tips



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

New Government Public Awareness Campaign



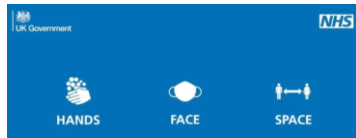
The government have said that the number of people catching the coronavirus is going up.

The number of people catching the coronavirus has gone back up to as high as it was in May.



More young people are catching the coronavirus.

The government are worried that young people might spread the virus to older people who they live with.



The public awareness campaign will be about

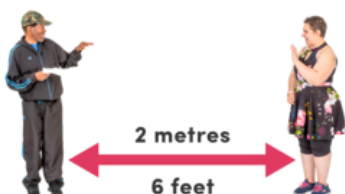
HANDS - FACE – SPACE



- **Hands**, wash your hands more for at least 20 seconds with hot soapy water and use hand sanitiser.



- **Face**, wear a face mask or covering when you are in shops and indoor places where you cannot stay 2 meters apart if you can.



- **Space**, stay at least 1 to 2 meters apart from other people that you do not live with.



New Rules The rule of six -from Boris Johnson

The Prime Minister Boris Johnson said there are new rules about meeting people he called it 'the rule of six'.

This is about no more than six people being together in a group inside or outside of your home.

He said the rules were changing to make them easier for people to understand.

From Monday 14th September 2020 the new rules are

- You can meet with up to six people inside your home.
- You can meet with up to six people inside their home.
- You can meet with up to six people outside your home in places like parks, cafes, pubs, restaurants.



If you break the rules you can be fined £100.

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

Where there can 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.





Weddings, funerals can take place with up to thirty people.

Organised team sports that can happen in a safe way can continue to happen. This is called Covid safe.



Local Lockdowns

If you live in an area that has a local lockdown the rules will change.



You might not be able to meet people who do not live in your house. The rules are a bit different in each area which makes it complicated.



The local council will tell people who live in the area about their lockdown rules.



There are local lockdowns in some areas of Bradford, Calderdale and Kirklees.

Keeping well tip:

Keep a diary or a notebook and write down 3 good things that happen everyday.



Think about writing a list of new things you can learn to do this year.



If you cannot meet your friends have a telephone call or an online call on zoom or facetime you could have drinks and cake together this way.