

Weekly News and Keeping Well Tip

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

Travelling to other countries

The government have said the number of people with the Coronavirus in Spain is going up.

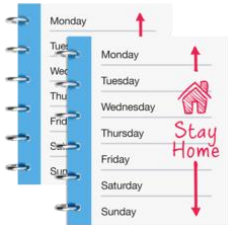


People who are travelling from Spain or the Spanish Islands must self isolate for 2 weeks when they get to the UK.



People must not to travel to Spain unless it is essential.

Some airlines have cancelled holidays and flights to Spain and the Spanish Islands.



The government are thinking about some of the other countries that have more people catching Coronavirus.

They will let us know if they change the rules to travelling to other countries.

Local area lockdowns in England

The local areas in England with some lock down changes are Leicester, Luton, Greater Manchester, East Lancashire, Bradford, Calderdale and Kirklees.



If you live in Bradford, Calderdale and Kirklees you must not meet with people you do not live with indoors, in homes or gardens,



If you are in a support bubble you can still meet indoors, in homes and gardens.



The rules are different in each area.

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

Changes to the self isolation rules



Self isolation means not leaving your home to go out.

If you have symptoms of the coronavirus the rules have changed.

You must self isolate for 10 days

This is if you have

- A cough
- High temperature
- Loss of smell or taste





Staying fit and healthy

Boris Johnson said there is a new plan to help people to lose weight and stay fit and healthy.



The government knows that the risk of going into hospital and dying from coronavirus is higher for people who are overweight.

The plan is



- Not allowing television adverts for foods high in fat, sugar and salt before 9pm at night.

- Menus will have the number of calories of the food on them when you eat out.



- A campaign to help people get healthier, keep fit and eat better.

Keeping Well Tips



- Follow the rules for staying safe
- Talk your doctor, family or friend if you are worried about your health or wellbeing