



Cabinet Office

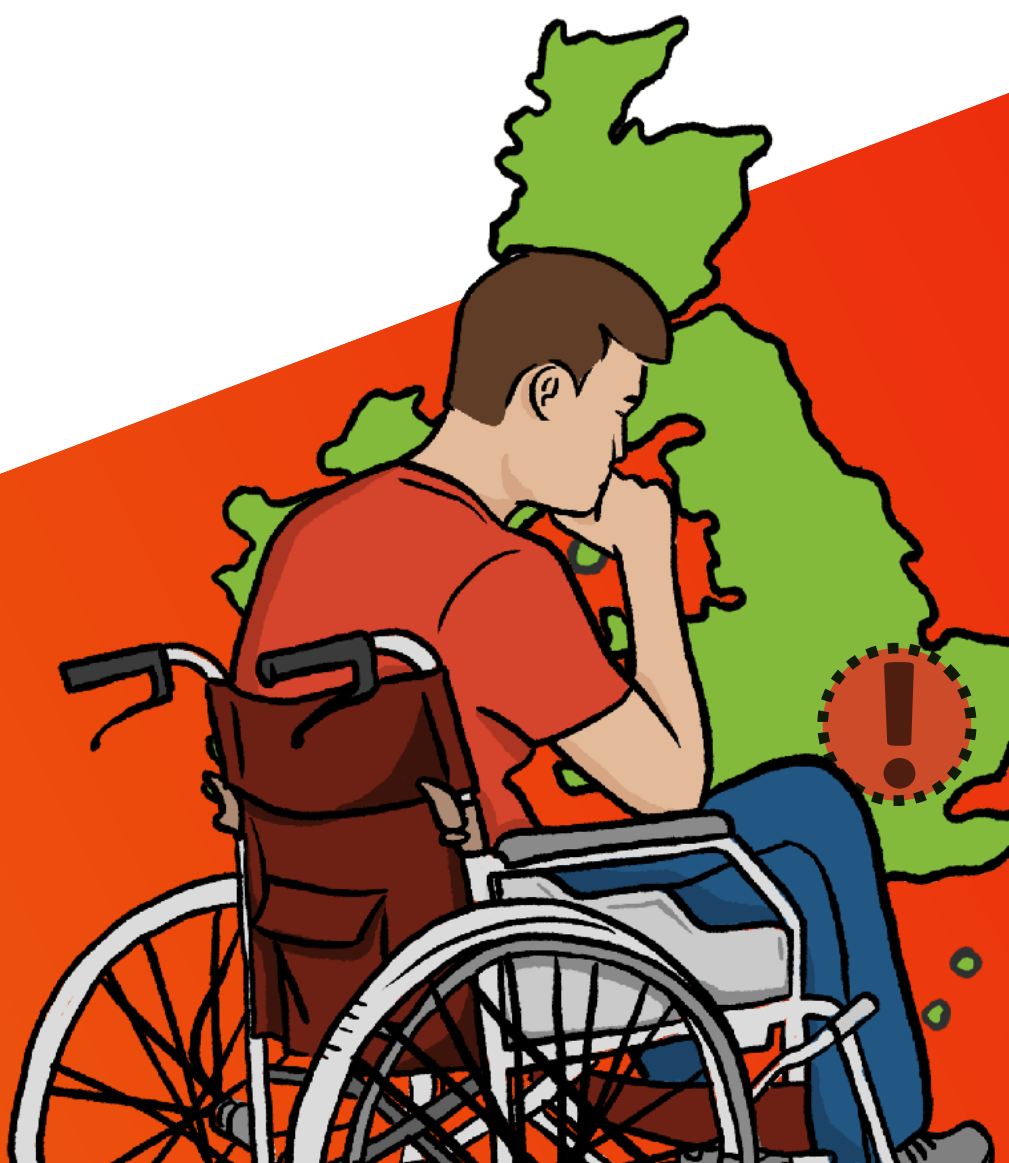
COVID-19 Guidance

Tier 3: Very high alert

What you can and cannot do in Tier 3
from Wednesday, 2 December 2020



easy
read



Contents

Page

Introduction	3
Remember	4
Meeting family and friends	5
Support and childcare bubbles	7
Meeting in larger groups	8
If you break the rules	11
Keeping you and your friends and family safe	12
People who are clinically vulnerable	13
Businesses and venues	16
Going to work	19
Going to school, college and university	20
Childcare	21
Visiting relatives in care homes	22
Travel	23
Weddings, civil partnerships, religious services and funerals	26
Sport and physical activity	27
Moving house	28
Help with money	29
For more information	30

Introduction



From Wednesday, 2 December the Government has put the different areas of England into 1 of 3 **tiers**.



A **tier** is a level. There are different rules for each tier.

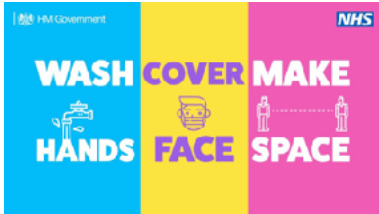


These are the rules that will help to keep everyone safe in tier **3**.



You can find out which tier you are in by going to:
www.gov.uk/tiers-by-area

Remember



To keep safe you need to remember - Hands. Face. Space.

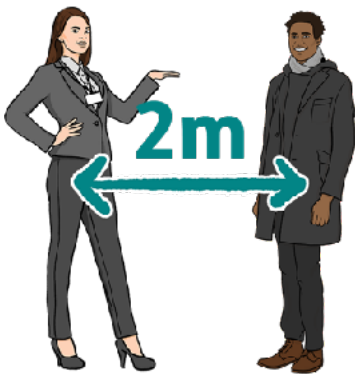


Hands - wash your hands regularly and for 20 seconds.



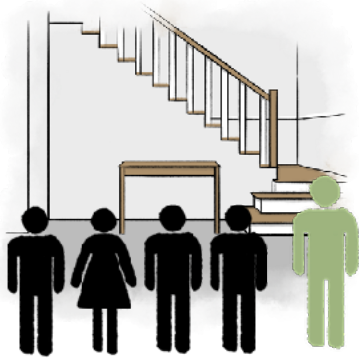
Face - wear a face covering:

- when you are inside somewhere
- outside when you are near people you don't usually meet.



Space - stay 2 metres apart from people you do not live with.

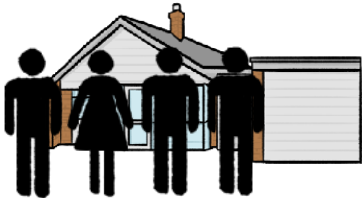
Meeting family and friends



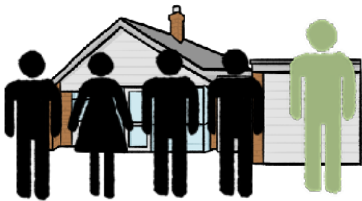
Indoors

You can only meet up indoors with people who are:

- in your **household**
- in your **support bubble**.



A **household** means people who live together in the same house.



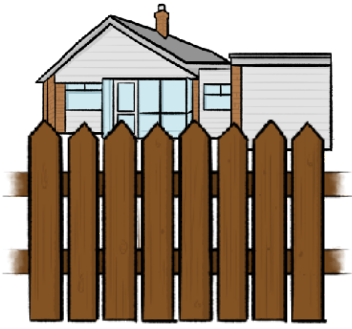
A **support bubble** is where a single person joins with people from another household.



Indoor places include:

- inside your home
- inside a place like a pub or restaurant.





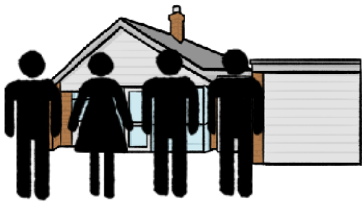
Outdoors

You must not meet up with people in:

- a private garden, or
- most outdoor public **venues**.

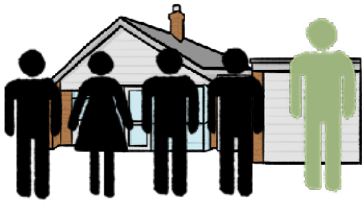


A **venue** is a place where people meet up for something.



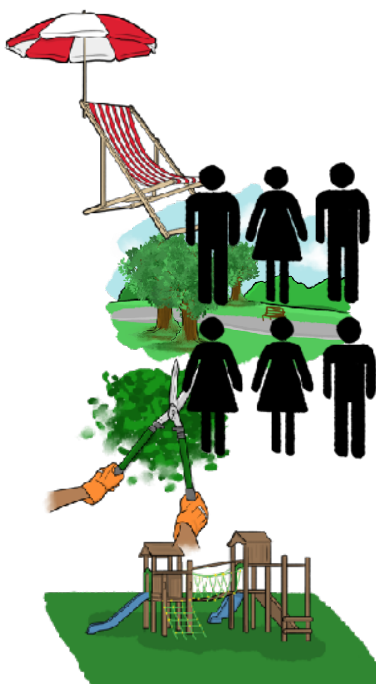
This does not apply to people:

- you live with
- in your support bubble.

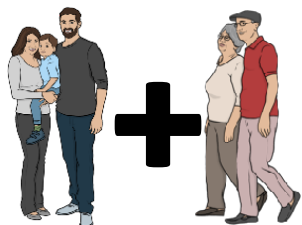


But you can see people in groups of up to 6 in:

- parks, beaches, the countryside and forests
- public gardens
- allotments
- the grounds of a historical place
- outdoor sports places
- playgrounds.



Support and childcare bubbles



A **childcare bubble** is where 2 households join together to look after children.



You can look after children in either of the 2 houses.



New rule from 2 December

There is a new rule about support bubbles from Wednesday, 2 December.

You can form a support bubble with another household if you live on your own with:



- someone with a disability who needs a lot of care
- a child under age 1
- a disabled child under 5 years old.

Meeting in larger groups



You should only meet in a group of more than 6 people if it is:

- with people who are part of your household or support bubble
- to do voluntary work for an organisation that is helping people



- to do voluntary work for an organisation that is helping people



- to teach or look after children



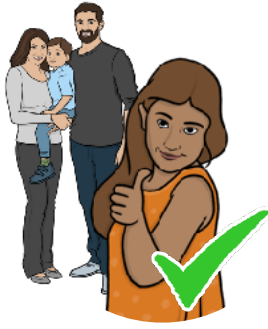
- for an organised group that meets up to support each other



- so that children who are being looked after by the local council can meet their parents



- so that children can see a parent that doesn't live with them



- so that a child can meet a family that might start to look after them



- to help someone to give birth



- to help in an emergency



- to see someone at the end of their life



- to do something the law says you have to do



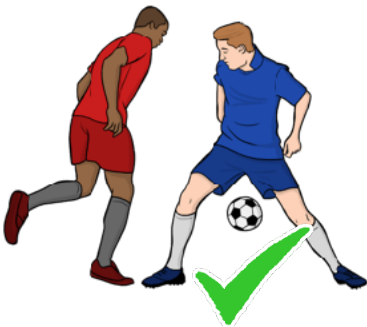
- to care for someone who can't look after themselves



- to go to a wedding



- to go to a funeral



- for organised sport or exercise.

If you break the rules



The police can take action against you if you meet in larger groups.



You may be fined up to £200 if you don't follow the law.

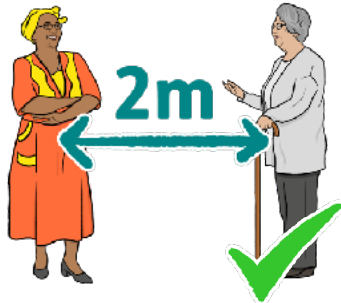


If you keep breaking the law, the fines get bigger and could go up to £6,400.



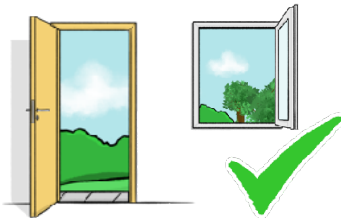
If you help to organise a gathering of more than 30 people, the police can make you pay a fine of £10,000.

Keeping you and your friends and family safe



When you are meeting friends and family you should:

- keep your distance from people



- open doors and windows to let in fresh air



- only see a few people



- meet people outdoors if you can.

People who are clinically vulnerable

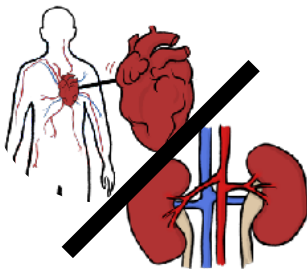


Clinically vulnerable means you are likely to be seriously ill if you catch COVID-19.



You are clinically vulnerable if:

- you are over age 70
- you are under age 70 and have:
 - an illness that affects your breathing
 - heart, kidney or liver disease
 - an illness of your nerves, like Parkinson's disease





- diabetes



- a problem with your spleen



- a condition that means your body finds it harder to fight off diseases.



- you are very overweight

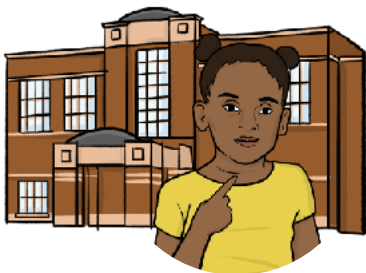


- you are pregnant.



If you are clinically vulnerable you:

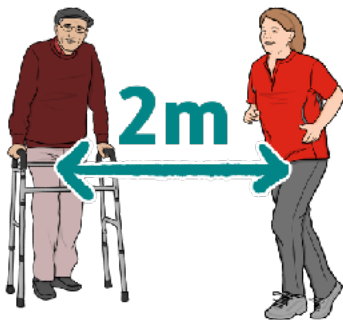
- can go outside as much as you like, but should not meet up with too many people



- can go to school



- should get all the medical help and social care you need



- can go to shops and pubs. You should keep 2 metres away from people and go at quiet times of the day

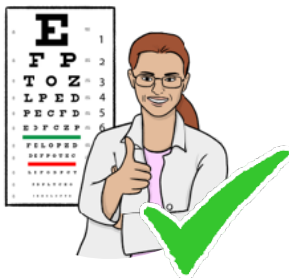


- should carry on washing your hands often.

Businesses and venues

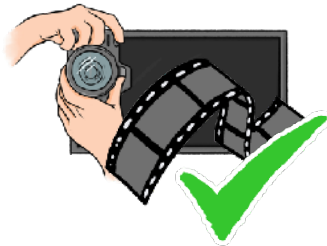


Most businesses and venues will be closed.

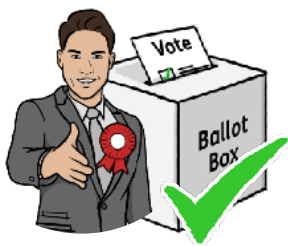


Some businesses can be open. For example:

- Businesses that provide services that people need to live.



- Businesses that are making films or TV programmes.



- To help people vote in elections.



Pubs, cafés, restaurants and social clubs must close, except for takeaways.



Hotels, Bed and Breakfasts and campsites must close.



Businesses where people go for entertainment must close.



Indoor tourist attractions must close.

Venues that can stay open

These venues can stay open:



- Outdoor tourist and entertainment venues.



- Outdoor cinemas, theatres and concerts.



- Leisure and sports places.



- Shops.



- Hairdressers and nail bars.



- Community Centres and libraries.



- Recycling and waste centres.



- Public toilets.

Going to work



You should work from home if you can.



If you can't work from home you can go to your usual place of work.



You must follow the rules for keeping safe at work.



You can only have meetings at work if it is necessary.

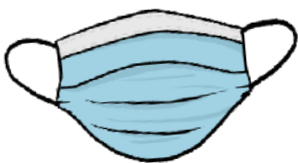


You cannot meet up with people you work with to have a meal.

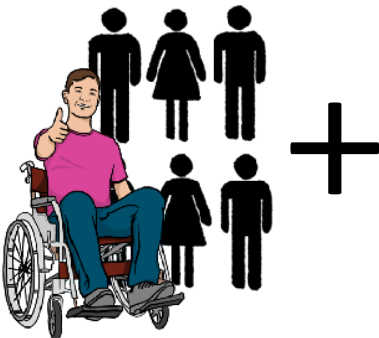
Going to school, college and university



All school children should carry on going to school or college unless they are told to stay at home.



Adults in schools should wear face coverings in corridors and shared areas.



Students

Students can meet up with more than 6 people if it is part of their college or university work.



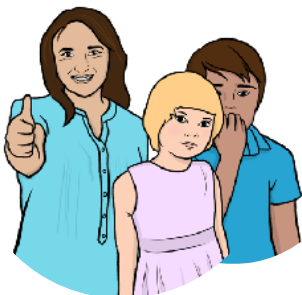
When they are away at university, students are in a household with the people they are living with.



Students can go back to their family home after 2 December.

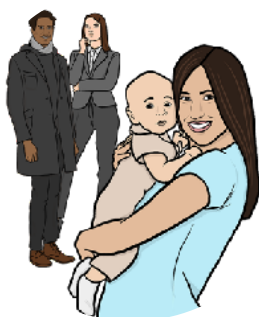
Their family home becomes their household.

Childcare



You can get someone to look after your children who is:

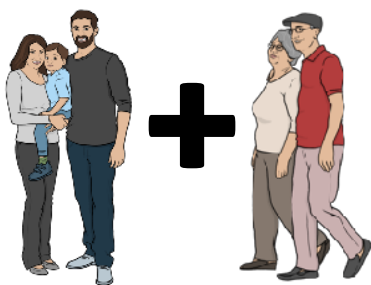
- part of a proper childcare organisation



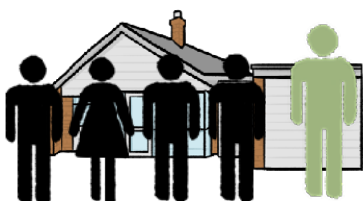
- a nanny or a person who has been trained to look after children



- part of a proper activity or group for children



- in your childcare bubble



- in your support bubble.

Visiting relatives in care homes



You can visit care homes that have proper screens or windows to keep people safe.



By Christmas we will be offering care home visitors a test for COVID-19.



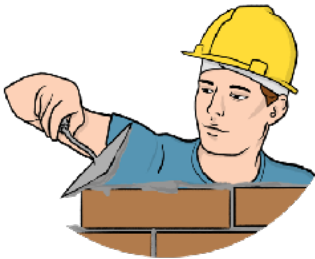
If the test says that you do not have the illness, you will be able to get closer to your relative.

Travel



You can travel:

- to venues that are open



- for work



- to go to school or college



- to get a service from a community group



- to care for someone



- to move home



- to visit your support bubble



- to get some medical help.



You should not travel outside your area, and you should not travel very much.

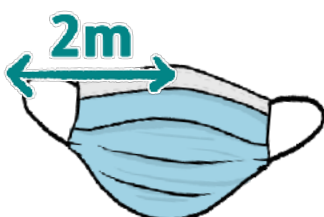


If you must travel you should:

- walk or cycle if you can. If you can't, you should use buses, trains or trams or go by car



- avoid the busiest routes and the busiest times



- wear a face covering and keep 2 metres apart from people if you can.



Travelling out of tier 3

You should avoid travelling outside your tier 3 area.



Overnight stays

If you live in a tier 3 area, you should avoid staying overnight outside your area.



If you live outside a tier 3 area, you should avoid staying overnight inside a tier 3 area.

Weddings, civil partnerships, religious services and funerals



You can have:

- 15 people at a wedding or civil partnership ceremony



- 30 people at a funeral



- 15 people together after a funeral.



You can't have a sit down meal after a wedding.

Places of worship

A **place of worship** is a church, temple, synagogue or mosque.

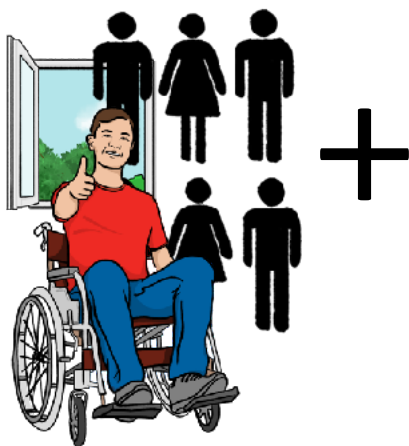
You can go to a place of worship, but you must only mix with people you live with or who are in your support bubble.



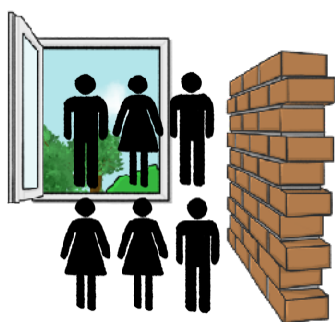
Sport and physical activity



You can take part in sport or exercise outdoors with any number of people.



Disabled people and children can take part in sport or exercise indoors with any number of people.



Other people can only take part in sport or exercise indoors in a group of up to 6 people.

Moving house



You can still move house.



You can go and look at places you might want to move to.

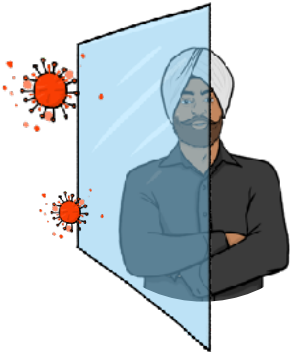


Estate agents and removal firms can carry on working.

Help with money



The Government may be able to help you with money:



- For help with money if you have a job, but cannot work go to: www.gov.uk/what-to-do-if-youre-employed-and-cannot-work



- For help if you have lost your job: www.gov.uk/what-to-do-if-you-were-employed-and-have-lost-your-job



- For help if you work for yourself and are getting less work: www.gov.uk/what-to-do-if-youre-self-employed

For more information



If you need more information, please go to:

www.gov.uk/tier-3-high-alert