England is now in lockdown due to high numbers of coronavirus cases

Until at least Wednesday 2 December, the Government has put England under a national lockdown, which means:

- **People must stay at home, except for specific essential purposes like shopping for basic necessities.**

- **People must not gather with those they do not live with, except for specific purposes, such as in limited numbers at a funeral while maintaining social distancing.**

- **Certain businesses and venues must close, including pubs, restaurants and non-essential shops.**

- **Places of worship such as Shuls must close, unless they are being used for certain exempt activities such as a funeral. Weddings will not be permitted to take place. No communal worship or study groups are permitted.**

DO	DON'TS
Do wear a face covering in shops	**Don't visit other peoples homes or private gardens**
You can meet one person from another household for a walk outdoors as long as you keep 2m apart (babies and pre-school children will not count towards the limit of 2 people meeting)	**Don't attend organised services or group worship**
You can visit one other household if you have caring responsibilities there	**Don't travel in and out of your local area except for work**
You can take your children to the playground	**Don't hold or attend weddings**
You can shop for essential items	**Don't stay away from home overnight except for work**
You can continue with informal childcare arrangements with one other household	

At the end of the period, the Government has said it will look to return to the regional tiered restrictions, based on what's happening with the infection rates at the time.

Coronavirus can kill or cause serious illness. We are still learning about the virus and there's a lot we don't yet know, but we do know that it is not weaker than before, it is still dangerous and remains highly contagious as we move into the winter.

PROTECT YOUR FRIENDS AND FAMILY

20 SECONDS
HANDS

FACE

2 METRES
SPACE

Covid-19 symptoms? Get tested!

It is really important to get tested if you have symptoms of coronavirus such as a fever, a new continuous cough or change to your sense of smell or taste. Self-isolate immediately for 10 days and book a test by downloading the **NHS COVID-19 app,** calling **119** or going to **nhs.uk/coronavirus**

We have made sure that you can get tested locally in Hackney at:

- **Dalston, Bentley Road Car Park, N1 4BZ** (open 7 days a week 8am-8pm)
- **Hackney Central, Mare Street, E9 6ND** (open 7 days a week 8am-8pm)
- **Stamford Hill, Yesodey Hatorah School, Egerton Rd, N16 6UB**
- **Homerton, Hackney Marshes Centre, E9 5PF**
- **Stamford Hill, Sandford Court, Bethune Road, N16 5BB** (every other day)

A list of all the rules and exemptions for the national lockdown can be found at: **gov.uk/guidance/new-national-restrictions-from-5-november**

Getting support

We understand this will be a difficult time for some of our most vulnerable residents. So, please let us know if you need essential help, such as support around self isolating, by calling **020 8356 3111** or going to: **hackney.gov.uk/coronavirus-support**

Bikur Cholim runs a Charedi community helpline for support and advice, call: **020 3322 8384.**

This is also a particularly challenging time for businesses in the borough, many of which will have to close under new lockdown measures. Visit our website for guidance and information on any financial support that may be available to you: **hackney.gov.uk/support-for-business**

Mental health support

If you or someone you know is experiencing mental health problems there are a wide range of services and resources you can access for support. Find out more: **hackney.gov.uk/mental-health**

If you need urgent help because you are worried that you might harm yourself or someone else, call the 24-hour City & Hackney crisis helpline

on **020 8432 8020.** You can also call the Samaritans 24-hour line on: **116 123.**

Bikur Cholim provides mental health support for the Charedi community, email: **ehreferrals@bikurcholim.co.uk** or call: **020 8800 7575.**

The NHS is open during lockdown

NHS services have made changes to make sure it's safe for you to be seen during coronavirus. During lockdown you must make sure you attend your GP and hospital appointments. You can find health information on the NHS website: **nhs.uk**

Call your GP or the NHS on 111 if you need medical help.

If it's a serious or life-threatening medical emergency, call **999.** If you are told to go to the hospital, you must go to the hospital.

Sign up for our e-newsletter

Get coronavirus updates directly to your inbox by signing up to the Hackney Council's e-newsletter at: **hackney.gov.uk/newsletters**

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