



This information is about the lockdown in England from the 5th of November until the 2nd of December.



This information is for people living in **England**.



Because the number of people with coronavirus (COVID-19) is going up quickly, the government has ordered another lockdown in England.



The lockdown will start on **Thursday 5 November 2020** and will end on **Wednesday 2 December 2020**.



This guide explains what this means, and what you can and cannot do during this time in England.



Stay at home



From **Thursday 5th of November** you must stay at home.

It is ok to leave your home:



- To shop for essential items like food from the supermarket.



- To get childcare or go to school, college or university.



- To go to work **only if you cannot work from home.**



- To exercise outdoors or visit an outdoor public place.



- To go to a medical appointment like a doctor's appointment or to go to A + E in an emergency.



- To escape from injury or someone who is trying to hurt you.



- To visit people in your support bubble



- To give care to a vulnerable person.



You should not travel in or out of your local area.



There are some times when you can travel. It is ok to travel:



- For work if you cannot work from home.



- For learning at school or college, or if you care for someone.



- For hospital, doctor and other medical appointments.



- To visit businesses that are open (like a supermarket or a chemist)



- You can also make a short journey to somewhere to exercise.



- To see people in your support bubble.



If you are travelling by public transport or inside a public place remember to wear a face covering.

When you can go out



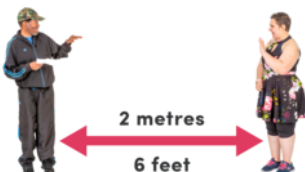
You can spend time outside in places like parks, beaches, the countryside, public gardens, allotments and playgrounds.



(You cannot meet in people's private gardens.)



You can spend time in these places with the people you live with and people from your support bubble.



You can also spend time outside with 1 person from another household when you are on your own but you should follow social distancing rules.



Children under school age and people who need a carer or support worker will not count towards the limit on 2 people meeting outside.



Places that will be open or closed.

Many businesses will be closed during lockdown including clothes shops, gyms, hairdressers and pubs.



Business like supermarkets, pharmacies, garden centres and takeaways will stay open.



Places of worship (like churches, mosques and synagogues) will be open for funerals where up to 30 people can go.



They will also be open for people who want to pray on their own.



Weddings and civil partnerships will not be allowed to take place during lockdown.



How to keep safe

There are things you can do to keep safe during lockdown.



These include:

Hands: [Wash your hands regularly](#) (for at least 20 seconds)



Face: [Wear a face covering](#) in indoor places where social distancing is more difficult (e.g. in supermarkets and on public transport)



Space: [Follow social distancing rules](#) which means trying to keep 2 metres apart from people you do not live with.



Where to find out more



To find out more about the other rules in place around coronavirus in England visit: www.gov.uk/coronavirus



If you are in Wales,
visit: www.ldw.org.uk/project/coronavirus



If you are in Northern Ireland,
visit: www.nidirect.gov.uk/campaigns/coronavirus-covid-19