

New national coronavirus restrictions are now in place until 2nd December.

- You must stay at home.
- Only leave home for food, medical reasons, exercise, education or work.
- You must work from home if you can and avoid travel unless essential.
- You can leave home to provide care for a vulnerable person.
- You can leave home to attend a place of worship for individual prayer, a funeral or a related event for someone who has died.

Go to www.northyorks.gov.uk/coronavirus for the latest guidance and exemptions.

Single adult households can form a support bubble with one other household. This means one household of any size can form a bubble with a household that only has one adult in it. Those two can then act as if they are in one house. Children will be able to move between homes of their parents if they live in separate homes.

For everyone else, household social mixing between different households - indoors or outdoors - will be banned. The exception to this is that two people only from two households can meet in a public open space - but this exemption does not apply to private gardens.

Non-essential retail and the hospitality industry will be closed except for providing food takeaways. Only essential businesses will stay open.

You can help reduce the number of coronavirus cases in North Yorkshire

Remember to wash your hands regularly with soap and water for 20 seconds or use hand sanitiser. Wear a face covering. Stay two metres apart from anyone you don't live with.

If you are over 60 or have a medical condition that means you're clinically vulnerable, you could be at higher risk of severe illness from coronavirus. You should be especially careful to follow the rules and minimise your contacts with others.

People who are clinically extremely vulnerable will receive a letter from the Government with information and advice.

Please also keep checking on people in your own community who might need a helping hand with things like shopping and other essentials, collecting prescriptions or just having someone to talk to.

People who need help and don't have anyone else to call on can contact our customer service centre on 01609 780780 seven days a week 8am-5:30pm. Find more information at www.northyorks.gov.uk/coronavirus

What to do if you have symptoms of coronavirus

If you have coronavirus symptoms - a new and continuous cough, a high temperature, or changes to your sense of taste or smell, you must self-isolate at home and book a test. Please only book a test if you have symptoms.

For information about how to book a test go to www.northyorks.gov.uk/testandtrace or call 119. If you can't get through please keep trying, and remember you must self-isolate if you have symptoms.

If the national test and trace system is unable to contact someone who has tested positive within 24 hours, this will be handed to the local contact tracing team to follow up. Initially, the national test and trace system will try to contact someone who has tested positive using a 0300 number. If they are unable to contact the person within 24 hours, this will be handed to our local North Yorkshire contact tracing team to follow up. Residents will be contacted on an **01609** number and spoken to by a member of the customer support team on behalf of public health, who will provide specialist support where needed.

Thank you for playing your part to keep everyone safe in North Yorkshire.

National restrictions update November 2020

STAY SAFE
IN NORTH YORKSHIRE