

2nd October 2020

Weekly News and Keeping Well Tips



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



Updated local lockdown areas

In the North East and Yorkshire, lots of people are living in a local lockdown area.

In the North East the places that have a local lockdown are

- **Northumberland**
- **Newcastle**
- **Sunderland**
- **Gateshead**
- **North Tyneside**
- **South Tyneside**
- **County Durham**
- **Middlesbrough – from Saturday 3rd October**
- **Hartlepool – from Saturday 3rd October**



In Yorkshire the places that have a local lockdown are

- **Bradford**
- **Calderdale**
- **Kirklees**
- **Leeds**



This is because the number of people who have Coronavirus in these areas is going up.



Rules about travelling in the North East local lockdown areas

You should only travel if you have to, for things like

- Going to work
- Going to nursery, school, college or university
- Shopping for food and medicines
- To look after someone who is vulnerable
- To people in your support bubble
- To a doctors or hospital appointment



You should try not to share a car with people you do not live with or are not in your support bubble.

Rules about travelling in Yorkshire local lockdown areas

- Try to use public transport at times when it is not busy
- Wear a mask on public transport

You should try not to share a car with people you do not live with or are not in your support bubble.



Prime Minister news update Wednesday

The Prime Minister gave a news update on Wednesday.

He said

- The number of people with Coronavirus is going up.
- The number of people in hospitals with Coronavirus is going up.





- The number of people dying from Coronavirus is going up
- Follow the rules in the area that you live. This will help to stop a second national lockdown.
- The rules are not the same in all local lockdown areas, this is confusing.
- People should check the rules for their own local area.



Confused

Keeping well tips

- If you have had a flu vaccine before or need a flu vaccine ask your doctors surgery or local chemist for an appointment
- If you have an Annual Health Check, speak to your doctor about when this will happen
- Go for a walk and pick up the leaves that have fallen from the trees, you could make a picture.



Here are some ideas

