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### **Covid 19 - Lockdown 3 - Lockdown Rules (from 5 Jan)**

# LOCKDOWN RULES

Help stop the spread of COVID-19 



**Stay at home** – only leave for work, essential shopping, exercise or medical appointments. No household mixing indoors or outdoors, **unless** in your support or childcare bubble (if you are legally permitted to form one). This is the law. If you break lockdown rules you could be fined by the police.



Schools and colleges are closed except for vulnerable pupils and children of critical workers. All other children will learn remotely. Higher education provision is online, with some course exceptions.



Hospitality, e.g. pubs and restaurants are **closed**, but takeaway food is permitted. Non-essential shops, leisure and entertainment venues are **closed**. Essential shops, e.g. supermarkets, food shops and pharmacies can **open**. Banks, post offices, places of worship, petrol stations, laundrettes and vets are **open**.



Exercise is allowed outdoors once a day, in your local area. You can exercise on your own, with your household, support bubble, or with one other person.



**Get tested if you have symptoms:** a high temperature; a new continuous cough; a loss of, or change to, your sense of smell and taste. If you or anyone you have been in close contact with has symptoms, follow the guidance on self-isolation.



**You must only travel** for work, education, medical treatment, or caring responsibilities. If you must travel, stay local and reduce the number of journeys. **You must not leave your local area** or stay overnight away from home.

**SUFFOLK  
NEEDS YOU**

Become a Covid-19 message cascader  
[www.suffolk.gov.uk/message-cascaders](http://www.suffolk.gov.uk/message-cascaders)



