

This information is for people who live in areas that are now in **tier 4** in England





This information was written on Sunday the **20th** of **December**.



This information is for people living in England who are in an area that has been added to the tier 4 list.



You can find out what tier level your area is in by [clicking here](#).



If you live in a Tier 4 area, you must follow the rules from Sunday the 20th of December.



This means that you cannot meet other people indoors, including over the Christmas period, unless you live with them, or they are part of your support bubble.

Christmas bubbles will not be happening now.



Outdoors, you can only meet one person from another household. These rules will **not** change for Christmas.



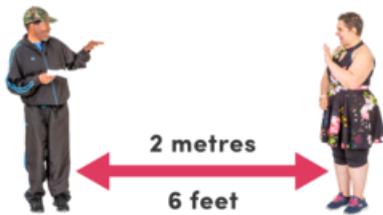
Hands. Face. Space.

Some of the people who have coronavirus have no symptoms (like a cough, fever or loss of taste and smell) and will be spreading it without realising it.

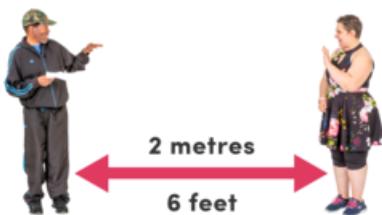
Some things to remember:

- Wash your hands often and for 20 seconds.
- Face – wear a face covering inside when it is hard to socially distance and where you will come into contact with people you do not normally meet.





- Space – stay 2 metres apart from people you do not live with where possible, or 1 metre with extra protections in place (such as wearing a face covering).



You can find out more information about keeping safe and social distancing [here](#).



What can I leave my house for?

You must not leave or be outside of your home except for when you have a ‘reasonable excuse’. This means only for something really important.



Some things you can leave your home for are:



You can leave your home to go to work if you cannot work from home.



You can leave home to buy things at shops which are open in your area, but you should stay close to your home.

For example you can leave home to buy food or medicine.



Parents can still take their children to school if they are open, and people can keep contact between parents and children where they live apart.



This includes [childcare bubbles](#).



You can also exercise outdoors or visit some public outdoor places, like parks, the countryside, public gardens or outdoor sports facilities.



You can do as much exercise as you like.

You should do this on your own in a public outdoor place with your household, support bubble, or one other person. This does not include your carer or support worker.



You can leave home for any medical reason, including to get a COVID-19 test.



You can leave home for medical appointments and emergencies and to be with someone who is giving birth.



You can leave home to go to a place of worship, a funeral or to visit a burial ground or to go to a wedding.



There will only be a small number of people that can go to weddings and funerals.



Seeing other people

People are not allowed to visit unless they are carers or visitors who support you with your everyday needs.



You cannot make a Christmas bubble if you live in a Tier 4 area.



This means you cannot meet up with other households for Christmas Day.



But you are still allowed to meet with your support bubble.



Support and childcare bubbles

There are separate rules for [support bubbles](#) and [childcare bubbles](#) across all tiers.



You can make a support bubble with another household if:

- You are the only adult in your household or are an under 18 living without any adults.



- You live with someone with a disability who needs care and there is not another adult living with them.



- You live with a child under 1, or who was under 1 on the 2nd of December 2020.



- You live with a child under 5, or who was under 5 on 2 December 2020 who has a disability.



Protecting people who are more at risk from coronavirus



If you are at risk of getting very poorly from coronavirus, this can be called being Clinically extremely vulnerable.



If you are in this group, you should be extra careful to follow the rules and try not to meet up with too many people.



If you are clinically extremely vulnerable in Tier 4, you should try to stay at home, not go to the shops and use home deliveries instead.



You should wash your hands carefully and for 20 seconds.



Mencap has made some information about keeping safe if you are clinically extremely vulnerable [here](#).



Travelling in a tier 4 area

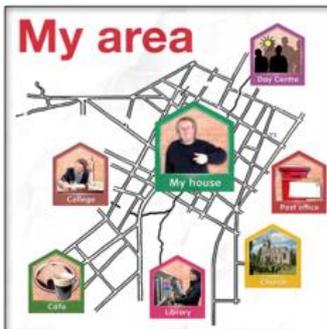
If you live in a tier 4 area, you must stay at home.



You must not leave your home to travel unless it is for work, education or other important reasons (like food or medicine shopping.)



If you need to travel you should try and stay in your area.



This means not travelling outside of your village, town or the part of a city where you live.



Other people **should not** travel into a Tier 4 area from another part of the UK.



The only reasons people can travel into a tier 4 area are for:

- Work
- Education
- Medical appointments or health reasons.
- Caring for someone
- Visiting someone in a support bubble.



Staying away from home overnight



You cannot leave home for holidays or stay overnight away from your main home.



This means that holidays in the UK and abroad are not allowed.

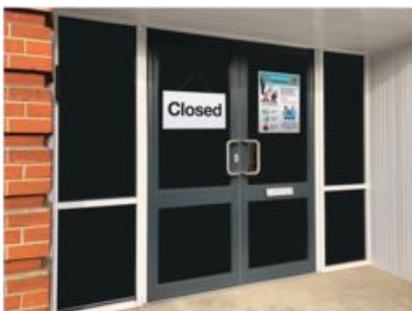


This includes staying in a second home or caravan, or staying with anyone you do not live with or are in a support bubble with.



What shops will be open or closed?

Essential shops like supermarkets will stay open. Non-essential shops (like clothes shops) will be closed.



Pubs and restaurants are closed, but can stay open for takeaway, drive through and delivery services.



Hairdressers, barbers, nail and beauty salons will be closed.



Gyms, pools, and leisure facilities will be closed.



Essential public services can stay open. These include job centres, courts, registry offices and waste or recycling centres.

Other public buildings, like libraries, will close.

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