

# LOCKDOWN RULES

Help stop the spread of COVID-19 



**Stay at home** – only go out for specific reasons including childcare, education, work (if you cannot work from home), medical reasons, shopping for essential items, care for others, or to exercise outside.



Schools, universities and colleges remain **open**.  
Some workplaces will stay **open** if people cannot work from home, including critical national infrastructure, construction and manufacturing.  
Children can move between homes if their parents are separated.



Households are **not** allowed to mix with other people indoors, nor in private gardens (unless they are in your support bubble)  
But, individuals can meet **one** person from outside their household in an outside public space.



Single adults living alone, or single parents whose children are under 18, can form a **support bubble** with one other household. You can go inside each other's homes and stay overnight. Once in a bubble with one household, you can't switch and start another with a different household.



Whenever you are out of your home, remember '**Hands. Face. Space**':  
**Hands** – wash your hands regularly and for 20 seconds  
**Face** – wear a face covering over nose and mouth in indoor settings  
**Space** – stay 2 metres apart from people you do not live with where possible.



**If the impact of Covid-19 has left you worrying about your bills, your job or your home**, call the Suffolk Advice and Support Service free: **0800 068 3131**.  
Mon to Fri, 9am-5pm.  
**If you are clinically extremely vulnerable and in urgent need of support or advice**, call Home But Not Alone free: **0800 876 6926**, Mon to Fri, 9am-5pm.