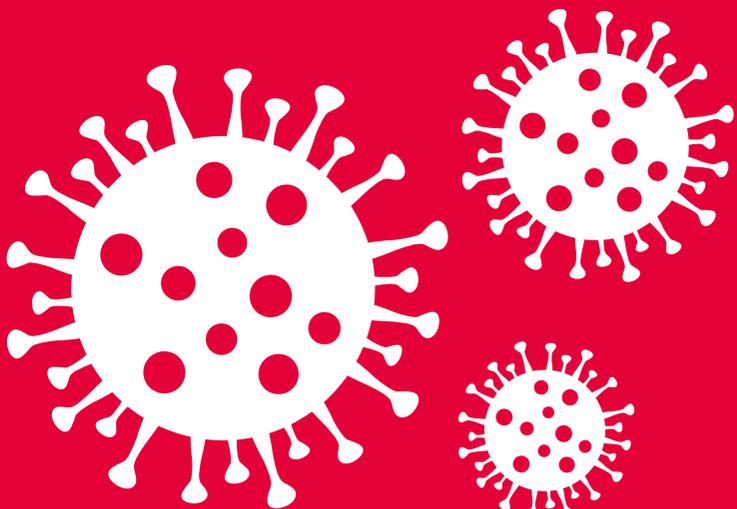


# LET'S STOP THE SPREAD



**Essex is at High local Covid alert level  
What you need to know and do**

This leaflet has been jointly produced by:  
Essex County Council, Essex District, Borough and City Councils, Essex Police,  
Essex County Fire and Rescue Service, the Office of the Essex Police,  
Fire and Crime Commissioner and NHS organisations in Essex.

**#StaySafeEssex**

# Essex is at High local Covid alert level

Dear resident,

Essex has moved to the High local Covid alert level. This does not include Southend and Thurrock Council areas.

This is because cases are rapidly rising across our county.

We need you to please do two things. Both are critical if we are to reverse the increases in cases in Essex and minimise the impact on businesses, who we are working with to support.

First, please work from home if you can.

Second, please follow the High alert level restrictions – these are set out in the following pages of this leaflet. These are mainly about not mixing with other households.

If we all play our part, we can reduce the number of people who die or become seriously ill from Covid-19. By acting now, we hope to exit High alert level restrictions sooner rather than later.

## Why we are at the High level

- Cases across Essex are rising rapidly – doubling every one-to-two weeks
- rates are increasing in all age groups
- hospital admissions and the number of people dying from Covid-19 are increasing
- we need to slow this to reduce the risk to you, your family and your friends
- we need to ensure the NHS does not have to postpone treatment to people with other health needs, including cancer patients, where there are already big backlogs.

## What this means for you

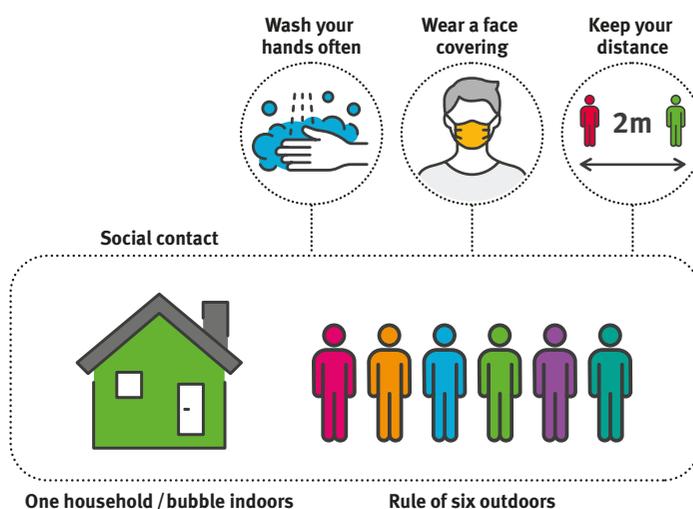
The main difference between the medium and the high alert level is socialising with other households. You can no longer socialise indoors with people from a different household, unless they are in your support bubble.

The Rule of Six (up to six people from different households meeting) still applies outdoors, whether in your garden or at a beach, park or other public space.

You should work from home if you can.

You must follow these rules all the time, even if you are seeing friends or family who live in a medium alert level area. While they are still able to meet indoors in groups of six, you cannot do so. This is because the restrictions apply to you as an Essex resident.

Covid-secure businesses can keep operating and hospitality venues can stay open until 10pm. You can still go to school, university and places of worship. Weddings and funerals can go ahead in the same way as they could before.



### Protecting people more at risk from coronavirus



If you are clinically vulnerable or in a high-risk category, try to limit how many people you see. You can still leave your house as much as you like but avoid non-essential travel.

If you need medication, please ask relatives, neighbours and friends to deliver it to you. You can also phone your pharmacy to see if they can help you.

Alternatively, contact:

- Essex Wellbeing Service: 0300 303 9988
- NHS Volunteer Responders Programme: 0808 196 3646

### Going to work



We strongly encourage you to work from home if you can.

If you can't work from home, you can continue to go to your place of work but make sure you take necessary precautions to stay safe. There is no limit to the group size when you are gathering for work purposes, but workplaces should meet the Covid-secure guidelines.

If you work in other people's homes, take measures to avoid contact and remember 'hands, face, space' for you and your customers.

### Businesses and venues



Businesses and venues can stay open as long as they operate in a Covid-secure manner. All businesses and venues need to ensure that customers do not meet with other households indoors or in groups of more than six outdoors.

### Travel



You can continue to travel to venues or amenities that are open, but you should aim to only make essential journeys. If you need to travel, please walk or cycle and avoid peak times on public transport if possible.

### Childcare

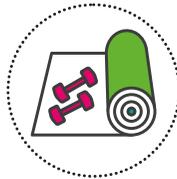


Like in the medium alert level, you can still use early years and childcare settings, including childminders, after-school clubs and nannies. These settings are exempt from the limits for the number of people gathering indoors and outdoors.

You can also continue with your childcare arrangements in private homes and gardens, if your provider or nanny is registered or if it is with people in your support bubble or childcare bubble. A childcare bubble is where someone in one household provides informal childcare to a child aged 13 or under in another household.

Unfortunately, friends and family cannot help you with childcare if they do not live with you and are not part of your support or childcare bubble. You also can't take your children to a family or friend's house if they are not in a bubble with you.

### Sport and physical activity



You can continue to take part in sport and physical activity outdoors. You can now only take part in indoor exercise classes or sports if it is possible to avoid mixing with people you don't live with or share a support bubble with. Gyms and sports clubs remain open and they may provide you with further guidance on using their facilities.

### Visiting venues including restaurants, pubs and places of worship



You can still visit venues and places of worship. Cafés, restaurants, pubs and takeaways still have to close between 10pm and 5am, but can offer delivery, click-and-collect or drive-through services after 10pm.

You cannot sit indoors with people who aren't in your household or support bubble. Outside, you can sit in groups of up to six people from different households.

### Going to school, college or university



In all alert levels, children and young people can attend school, college and university. There are no plans to close schools as the government has prioritised the wellbeing and education of children.

### Weddings, civil partnerships, religious services and funerals



Like in the medium alert level, weddings, civil partnerships, religious services and funerals can still go ahead. They must be in Covid-secure venues or public outdoor spaces.

Up to 15 people can attend weddings, civil partnership ceremonies, wedding receptions and wakes and up to 30 people can attend funerals. People working at these venues do not count as part of the limit.

# Help and support

The Essex Wellbeing Service is here to help all residents, providing a single point of access to practical, emotional and specialist support.

As well as practical help with everyday tasks, Essex Wellbeing Service connects people to advice and support with:

- feelings of loneliness or isolation
- debt, housing or employment questions
- parenting and family matters
- caring responsibilities
- mental wellbeing
- learning disabilities or autism
- dementia care
- sensory impairment
- quitting smoking
- keeping physically active.

Whatever you need support with, there is help available.

If you or anyone you know needs support, visit [www.essexwellbeingservice.co.uk](http://www.essexwellbeingservice.co.uk) or call **0300 303 9988**.

## Help us to help you

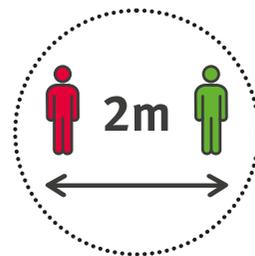
### Hands, face, space



**Wash your  
hands often**



**Wear a face  
covering**



**Keep your  
distance**

For more information, go to  
[www.essex.gov.uk/coronavirus](http://www.essex.gov.uk/coronavirus) or [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)  
**#StaySafeEssex**



Essex County Council