

New COVID-19 National Restrictions from 5 November

The following guidance on the new restrictions to slow the spread of COVID-19 is correct as at 18 November 2020. We will update this information as we hear more.

For further information please [see GOV.UK](#)

What are the new regulations and what does it mean for me?

The Government has announced its intention to introduce new restrictions to slow the spread of COVID-19. This will mean that wherever possible we will need to stay at home and limit our contact with others. Pubs, restaurants, gyms, non-essential shops and places of worship will close, but schools, colleges and universities can stay open. Full details are available on the government website [here](#)

When do they take effect?

The new regulations take effect from 5 November and will be in place until 2 December.

Will I still be able to meet with others from outside my home?

From 5 November you should not meet socially indoors with family or friends unless they are part of your household - meaning the people you live with - or [support bubble](#).

A [support bubble](#) is where a household with one adult joins with another household. Households in that support bubble can still visit each other, stay overnight, and visit outdoor public places together.

You can exercise or visit outdoor public places with the people you live with, your support bubble, or 1 person from another household.

Outdoor public places include:

- parks, countryside,
- public gardens (whether or not you pay to enter them), allotments
- playgrounds

You cannot meet in a private garden

You should minimise time spent outside your home and when around other people ensure that you are two metres apart from anyone not in your household or support bubble.

Remember - 'Hands. Face. Space':

- hands – wash your hands regularly and for 20 seconds
- face – wear a face covering in indoor settings where social distancing may be difficult, 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 precautions in place (such as wearing face coverings or increasing ventilation indoors)

Will businesses and leisure venues have to close?

The government will be publishing a full list of business that must close. In the meantime it has published the following advice:

To reduce social contact, the Government has ordered certain businesses and venues to close. These include:

- all non-essential retail, including, but not limited to clothing and electronics stores, vehicle showrooms, travel agents, betting shops, auction houses, tailors, car washes, tobacco and vape shops.
- indoor and outdoor leisure facilities such as bowling alleys, leisure centres and gyms, sports facilities including swimming pools, golf courses and driving ranges, dance studios, stables and riding centres, soft play facilities, climbing walls and climbing centres, archery and shooting ranges, water and theme parks,
- entertainment venues such as theatres, concert halls, cinemas, museums and galleries, casinos, adult gaming centres and arcades, bingo halls, bowling alleys, concert halls, zoos and other animal attractions, botanical gardens;
- personal care facilities such as hair, beauty and nail salons, tattoo parlours, spas, massage parlours, body and skin piercing services, non-medical acupuncture, and tanning salons.

Food shops, supermarkets, garden centres and certain other retailers providing essential goods and services can remain open. Essential retail should follow COVID-secure guidelines to protect customers, visitors and workers.

Non-essential retail can remain open for delivery to customers and click-and-collect.

Playgrounds can remain open.

Hospitality venues like restaurants, bars and pubs must close, but can still provide takeaway and delivery services. Takeaway of alcohol is not allowed, but delivery and 'click and collect' is permitted.

Hotels, hostels and other accommodation should only open for those who have to travel for work purposes and for a limited number of other exemptions which will be set out in law.

A full list of the business closures will be published and set out in law.

Some venues will be allowed to remain open for specific exempt activities, like childcare and support groups. Support groups that are essential to deliver in person can continue with up to 15 participants where formally organised to provide mutual aid, therapy or any other form of support. This includes support to victims of crime, people in drug and alcohol recovery, new parents and guardians, people with long-term illnesses, people facing issues relating to their sexuality or gender, and those who have suffered bereavement.

A number of public services will also stay open and you will be able to leave home to visit them. These include:

- the NHS and medical services like GPs. We are supporting the NHS to safely carry out urgent and non-urgent services and it is vital anyone who thinks they need any kind of medical care comes forward and seeks help.
- Jobcentre Plus sites
- Courts
- Civil Registrations Offices

Will I still be able to exercise outdoors and in Bedford Borough's parks?

Yes, you will still be able to exercise outdoors or visit an outdoor public place – you can only do this with the people you live with, with your support bubble or, when on your own, with 1 person from another household.

You should minimise time spent outside your home and when around other people ensure that you are two metres apart from anyone not in your household or support bubble.

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Will my place of worship still be open?

Places of worship will close, unless they are being used for: funerals, to broadcast acts of worship, individual prayer, formal childcare, or essential services such as blood donation or food banks

Will funerals still be allowed to take place?

Funerals will continue to take place and can be attended by a maximum of 30 people, although it is advised that only close friends and family attend. Linked ceremonial events such as stone settings and ash scatterings can also continue with up to 15 people in attendance. Anyone working is not included. Social distancing should be maintained between people who do not live together or share a support bubble.

Will schools and Universities remain open?

Yes, unlike the earlier lockdown, schools, colleges and universities will remain open. If you live at university, you must not move back and forward between your permanent home and student home during term time.

Will I still be able to go shopping?

You will still be able to shop for basic necessities, for example food and medicine, which should be as infrequent as possible.

Food shops, supermarkets, garden centres and certain other retailers providing essential goods and services can remain open. Businesses that are allowed to remain open should follow COVID-secure guidelines to protect customers, visitors and workers.

Non-essential retail businesses will be closed except for delivery to customers and click-and-collect. [The website www.LoveBedford.co.uk](http://www.LoveBedford.co.uk) will be promoting ways that you can continue to support local business with offers, advice and links to local businesses websites.

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What if I or someone I know needs additional support with shopping or picking up prescriptions

Our Community Hub will be available to provide help and support to those most in need, who do not have friends or family to help them. We are working with local

charity and voluntary organisations to continue to provide support during the new restrictions. If you need support please call us on 01234 718101 or email Covid19help@bedford.gov.uk

What support is available for businesses?

We have set up a dedicated business page on our website to provide and advice and support for local businesses. This will be updated with the latest government advice. You can access the business support page [here](#).

What are the symptoms of COVID-19?

The main symptoms of coronavirus (COVID-19) are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

To protect others, do not go to places like a GP surgery, pharmacy or hospital if you have any of these symptoms. Get a test to check if you have coronavirus and stay at home until you get your result.

What should I do if I display any of the symptoms?

To protect others, do not go to places like a GP surgery, pharmacy or hospital if you have any of these symptoms. Get a test to check if you have coronavirus and stay at home until you get your result. You can book [a test through the NHS website](#) or phone 119.

Most people can manage their symptoms at home, however you should use the [NHS 111 online coronavirus service](#) if:

- you feel you cannot cope with your symptoms at home
- you feel breathless and it's getting worse
- your symptoms get worse and you're not sure what to

do. Only call 111 if you cannot get help online.

Call 999 for an ambulance if you or someone you care for:

- are struggling to breathe
- are coughing up blood
- have blue lips or a blue face
- feel cold and sweaty, with pale or blotchy skin

- have a rash that does not fade when you roll a glass over it
- collapse or faint
- become confused or very drowsy
- have stopped peeing or are peeing much less than usual

Tell the operator you might have coronavirus symptoms.

Can I get tested locally?

Yes, testing is available in Bedford Borough. If you have any of the symptoms of COVID-19, you must stay at home and book [a test through the NHS website](#) or phone 119.

Is support available if I cannot work because I have to self-isolate at home?

The government has announced a new financial package to support those required by law to self-isolate.

The new Test and Trace Support Payment is designed to help people on low income who cannot work from home and will lose income if required to self-isolate. You can find out if you are eligible for the £500 Test and Trace Support Payment [here](#)

Further information about local financial support is available on our website [here](#)

Will there be changes to council services?

Wherever possible and safe to do so we will continue to provide existing council services when the new regulations take effect on 5 November. Updates and changes to council services will be included on our service update page [here](#)

Will the council continue to collect my waste and recycling?

Yes, waste and recycling services will continue to take place as planned.

How can I find out more about the local situation and cases in Bedford Borough?

The council produces local statistics in a weekly snapshot of cases and testing in the borough. This information is published on our website [here](#)