

9th October 2020

News Update

Inclusion North will give you the Governments big messages here each week.



Local lockdowns are still in place in these areas:

- Northumberland
 - Newcastle
 - Sunderland
 - Gateshead
 - North Tyneside
 - South Tyneside
 - County Durham
 - Hartlepool
 - Middlesbrough
-
- Bradford
 - Calderdale
 - Kirklees
 - Leeds



This is because the number of people catching coronavirus is still going up.



Local lockdown rules are different in different places. Please check what your local rules are. You can do this by:

- Watching the local news
- Listening to local radio
- Reading local papers
- Talking to a trusted friend or relative
- Looking on the internet





The Government is being asked to make the local lockdown rules easier to understand.

The Government should tell us more about this soon. It will be called the **'three-tier system'**.



Face Coverings – safe use

The paper style face masks are only meant to be used once. Don't be tempted to use it again. Throw it away carefully after you have used it. Put it in the bin.



If you use a fabric face mask, you can wear this again and again. The government says you need to wash this regularly.



Government Contact Tracing App

The NHS-Covid 19 App automatically lets you know if you have come into contact with someone with coronavirus. You can download this from Google Play or Apple's App store.



It is not possible to get the App on all mobile phones. You can still be contacted by someone from the NHS Test and Trace Team. They will let you know if you have come into contact with someone with Coronavirus and what you should do.



Keeping well tips

- Share your thoughts and feelings with someone close or note these down for yourself
- Enjoy a movie and a treat over the weekend!