

# 20<sup>th</sup> November 2020

## Weekly News and Keeping Well Tips



Inclusion North will give you the Government's big messages each week here.

### **The whole of England is in Lockdown.**

The numbers of people testing positive for coronavirus is still high. The lockdown is to help try to bring the infection rate down.



There are 3 things that we must all do to keep protecting each other.

### **Remember Hands, Face, Space**

#### **1. Wash hands**

Keep washing your hands regularly



#### **2. Cover face**

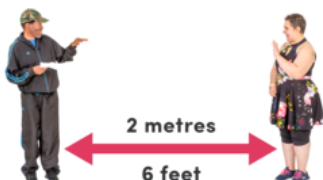
Wear a face covering if you can when you are:

- at the shops
- on public transport
- at an appointment



#### **3. Make space**

Stay at least 2 meters away from people you do not live with you or who are not part of your support bubble.





## Coronavirus Vaccine

The Government has told us there is a lot of work going on to try to find a vaccine for Coronavirus. Scientists must do more tests and research on this. We will be told more about how this is going in the coming weeks.

## Christmas

There has been lots of talk about whether people will be allowed to get together over the Christmas period.

The current lockdown lasts until **Wednesday 2<sup>nd</sup> December**. The Government will announce nearer the time what will happen next. Until then we need to keep following the lockdown rules.



## Keeping well tips:

- Enjoy the first signs of Christmas - people and communities have started to put up lights and decorations.
- Continue to connect with your family, friends and neighbours. Phone, facetime, email, write a letter, or send a photo to let them know you are thinking of them.

