

# 11th January 2021

## Daily News and Keeping Well Tips

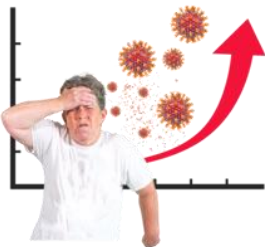


Inclusion North will give you the Government's big messages here.



On Monday 11<sup>th</sup> January the Minister for Health Matt Hancock came on the TV to tell the country the latest news about Coronavirus.

The number of people catching Coronavirus is going up a lot.



The number of people who are so poorly with Coronavirus that they end up in hospital is going up.

Some hospitals are running out of space and will start to find it hard to treat people who have Coronavirus or other illnesses.



It is very important that everyone follows the rules.

Stay at home as much as possible.



### Hands, Face and Space

Wash your hands more often for at least 20 seconds or use hand sanitiser.



Wear a mask or face covering when you are out around other people if you can.

Stay 2 meters away from other people you do not live with and are not in your support bubble.



## The vaccine

The number of people getting the Coronavirus vaccine is going up.



This is the NHS calling to make a Covid-19 vaccine appointment

You will be contacted by the NHS when it is your turn to get the vaccine.

You must still follow the rules.



Stay at home as much as possible.

## Keeping well tips



If you have an outdoor space, think about what you might like to grow each month.



Even if you just have a small outside space you can grow flowers or vegetable from seeds.

Find out what you will need and plan what month you will plant different types of flower seeds or vegetable seeds.



Or think about the flowers you like to see in parks and outdoor spaces.