

VERY HIGH ALERT (TIER 3) RULES FOR NORTHUMBERLAND



We're here to keep you safe and well.

If you or anyone in your family needs a bit of extra support, please get in touch...

- Perhaps your financial circumstances have changed with reduced hours, redundancy or benefit changes.
- Worried about winter bills or financial pressures.
- You may have concerns around shopping, or making sure prescriptions are delivered on time.
- Feeling lonely, overwhelmed or struggling with mental health.
- Worried about someone experiencing domestic abuse or concerned about a neighbour.



Phone us on **01670 620 015** 9am-6pm, 7 days a week

www.northumberland.gov.uk/communities-together NCT@northumberland.gov.uk



Northumberland restrictions:



You can't mix with anybody you do not live with, or who is not in your support bubble, indoors, in private gardens or beer gardens.



Bars, pubs, cafes and restaurants are closed, except for takeaway, click-and-collect, drive-through or delivery services.



Indoor entertainment venues such as cinemas, theatres and tourist venues are closed.



Accommodation such as hotels, B&Bs, campsites and guest houses are closed.



People are advised not to travel to and from tier three areas.



Northumberland
County Council

www.northumberland.gov.uk/coronavirus

Protect yourself • Protect others

Protect Northumberland



Wash your hands



Keep your distance



Wear face covering

What you can do:



Meet in a group of up to six in outdoor spaces, such as parks, beaches or countryside.



Organised outdoor sport, and physical activity and exercise classes can continue, however, higher-risk contact activity should not take place.



Walk or cycle where possible, plan ahead and avoid busy times and routes when travelling.



Attend schools, universities and colleges.



Visit Places of Worship but you must not attend with anyone outside your support bubble.



Provide care or assistance to someone vulnerable, provide respite for a carer or as a volunteer.



Shops, gyms and personal care services (such as hairdressing) can reopen (if Covid-secure).



Attend weddings ceremonies with up to 15 people and funerals with up to 30 people.



Single adult households can still form exclusive support bubbles and children will be able to move between homes if their parents are separated.

For more information on the new restrictions visit www.northumberland.gov.uk/coronavirus
If you need help or support phone **0345 600 6400**



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