

**STAY HOME**

**PROTECT  
THE NHS**

**SAVE LIVES**

## **Lockdown - what you can and can't do**

You must stay at home. The single most important action we can all take is to stay at home to protect the NHS and save lives. Here's a brief summary of the rules:

- stay at home - you must not leave, or be outside of your home except where necessary (such as to buy food, medical reasons, exercise, go to work if you can't work from home)
- exercise with your household (or support bubble) or one other person should be limited to once per day, and you should not travel outside your local area
- do not meet others - you cannot leave your home to meet socially with anyone you do not live with or are not in a support bubble with
- schools and colleges - will remain open only for vulnerable children and

the children of critical workers. All other children will learn remotely until February half term. Early Years settings like pre-schools and nurseries remain open

- travel - if you do leave home for a permitted reason, you should always stay local in the village, town, or part of the city where you live. You may leave your local area for a legally permitted reason, such as for work

**See official government lockdown guidance for more detail**

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## **Council services**

- Household Recycling Centres (the tip) – open, but please only go if essential
- Rubbish collections - running as normal
- Car parks and public toilets – open
- Country parks - open with COVID arrangements in place
- Libraries – open for Order and Collect service only
- Registration services - registering births and deaths as normal. Wedding and civil partnership ceremonies not permitted except in exceptional circumstances
- Funerals - restricted to 30 people
- Tourist Information Centres – face to face service closed, phone and email enquiries only
- Harbours – closed to recreational or leisure boating including use of slipways, commercial operators remain unaffected at this time

- Leisure centres – closed
- History centre and archives – closed

## More information about how council services are affected

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# Do you need support?

If you are clinically extremely vulnerable, you are advised to shield again and we will write to you shortly.

If you don't have family, friends or a support network that can help you get the things you need [we can help you](#).

If you have been told to self-isolate and are on low income or benefits you may be entitled to the Government's NHS Test and Trace support payment. [Apply for a £500 one off self-isolation payment](#).

Help is available if you are experiencing [financial difficulties or are feeling stressed or worried](#).

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# Need help?

Help is still available for vulnerable people in need of vital support in the Dorset Council area.

Let us know what help you need using our

**online form**

Or call our helpline **01305 221000**



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