

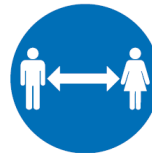
## Bulletin



**HANDS**



**FACE**



**SPACE**

England is to be placed under strict nationwide restrictions from Thursday 05th November 2020 in an attempt to slow down the spread of coronavirus. The new restrictions will be imposed from 12:01am on 5th November until 2nd December

### KEY POINTS:

- England to enter a month long lockdown.
- UK passes 1,000,000 mark of confirmed Covid cases.
- Schools, colleges and universities to remain open.
- If you cannot work from home, such as construction and manufacturing continue going to work.
- Pubs, bars and restaurants to close.
- Non-essential shops, hairdressers and leisure venues to be shut
- Furlough scheme to be extended to end of November.
- West Yorkshire move to tier 3 is cancelled due to the national restrictions coming into force on Thursday.
- Northern Ireland, Wales and Scotland have their own restrictions.

### WHAT YOU CAN AND CAN'T DO ONCE ENGLAND ENTERS LOCKDOWN.

- Only leave your home for specific reasons - education, work if you cannot work from home, exercise, medical reasons, shop for food and essentials, and provide care for vulnerable people, or as a volunteer.
- No mixing of households inside homes, except for childcare and other support.
- No mixing of households outside, except for exercising or visiting a public place with one other person.
- People who shielded in March do not have to shield again, but clinically vulnerable and over-60s are advised to limit social contacts and follow rules carefully.
- All pubs, bars and restaurants to close - takeaways and deliveries allowed, but no takeaway alcohol.



- All non-essential retail to close but supermarkets can still sell non-essential goods - click and collect can continue.
- Leisure and entertainment venues to close, including gyms.
- International travel out of the UK banned, except for work.
- Travel within the UK discouraged, except for work.
- Work places should stay open where people cannot work from home.
- Support bubbles remain.
- Children allowed to move between homes if parents separated.
- Outdoor exercise and recreation encouraged and is unlimited - only with your household/bubble, on your own or with one other person from a different household (golf is not allowed)
- People can sit on park benches and have picnics as long as it is with their household.
- Services in places of worship banned but private prayer permitted.
- Funerals allowed with close family members only.
- Manufacturing and construction to continue.
- Childcare settings, schools, colleges and universities to remain open.
- Playgrounds to remain open.
- Medical appointments to continue as normal.
- Vets to remain open.
- Courts to remain open.
- Job centres to remain open.
- Professional sports allowed but amateur sports are not.
- Premier League matches will go ahead.
- Hotels and hostels to remain open for people travelling for work and limited other reasons.

We also recommend you download and install the free NHS COVID-19 App onto your mobile phone to support the governments track and trace service.



## Key Messages:

Anyone who tests positive and then knowingly provides false information about their close contacts will also be fined. **Please familiarise yourself with our Site Operating Guidance – [Click Here](#) and Video – [Click Here](#)**

This guidance is intended to introduce consistent measures on sites of all sizes in line with the Government's recommendations on social distancing.

## Key messages:

- **Self-Isolate** and do not go into work if you are **showing symptoms** of COVID-19
- If you or a colleague start to show symptoms whilst at work return home immediately
- Travelling to work – where possible this should be alone and using your own mode of transport, where this is not possible refer to the below Safe Working Guidance video.
- Where possible maintain a 2m distance from colleagues.
- **Regularly wash hands and use hand sanitiser.**
- If you cough or sneeze do so into a tissue and dispose of the tissue cleaning hands afterwards
- You must wear a face covering where required to do so
- Follow signage and one-way systems that may be in place on site
- Ensure that PPE is properly cleaned after use or disposable PPE is used where possible

**If you're travelling to/from work in a shared vehicle please refer to our Getting to Work Safely Guidance – [Click Here](#)**

Further documentation and guidance on COVID-19 can be found on our website [www.fortel.co.uk](http://www.fortel.co.uk)