



ESSEX TO MOVE TO TIER 2 COVID RESTRICTIONS

From Saturday 17th October Essex will move to High Risk (Tier 2) local restrictions.

WHAT DO TIER 2 RESTRICTIONS MEAN?

- No mixing of households indoors.
- Rule of six applies to private gardens and outdoor spaces with social distancing.
- All businesses and venues can continue to operate, in a Covid-secure manner, other than those that remain closed in law, such as nightclubs.
- Schools, universities and places of worship remain open.
- Weddings and funerals can go ahead with restrictions on number of attendees.
- Pubs and restaurants remain open, but no mixing of households inside and 10pm curfew.
- Organised indoor sport and exercise classes can continue to take place, with 6 or less people.
- People should aim to reduce the number of journeys they make and avoid rush hour if possible.
- Work from home if possible.

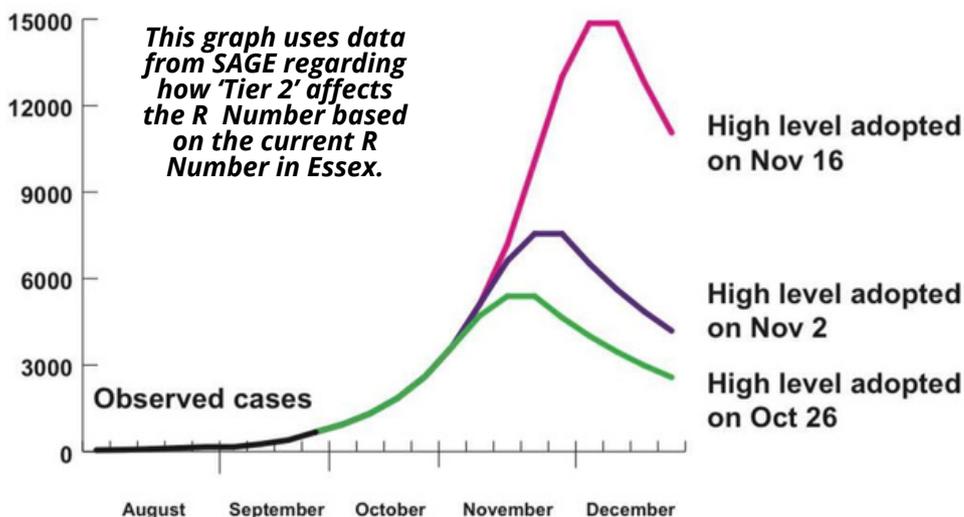
CONTINUE TO:

- Wash your hands regularly
- Wear a mask in indoor settings
- Socially distance
- Use the NHS Track & Trace app

Read full Guidance for High Risk Areas:
www.gov.uk/guidance/local-covid-alert-level-high



WHY IS THIS ACTION BEING TAKEN?



Essex County Council and Essex Leaders are taking action now to slow the rapidly increasing rate of infection and protect lives, livelihoods and our NHS. The decision has been guided by science, with the number of cases of COVID-19 in Essex growing quickly.

If we act now, we can stop the spread and protect our loved ones and the local economy as we move into the winter months.

This difficult decision was agreed by representatives of all political parties who are concerned about increasing case numbers. Essex is working to control the spread of the virus with the restrictions available. Swift action now will ultimately help protect lives, businesses and the NHS in the coming weeks and months.



Essex MPs understand the effect this will have on local business and they have asked the Chancellor to provide more financial support.

HOW LONG WILL THESE MEASURES LAST?

At this stage we don't know how long these measures will be in place. They will be **reviewed on a 4 weekly basis**, as to whether to continue. By taking action now the county is in a much better place than if we waited two or four weeks.

DON'T BE A TOSSER - DISPOSE OF YOUR MASKS PROPERLY!



Unfortunately we have seen many disposable masks littered in our local area. As well as damaging our environment it is bad for public health.

After using a disposable mask discard it immediately in your black refuse bin.

If you have been self-isolating or have Covid symptoms, double bag and store for 14 days before disposing of them in your black waste bin.

COVID INFO & ADVICE



- **Check your symptoms**- Call 111 or visit 111.nhs.uk/covid-19
- **Book a test**- Call 119 or visit <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>
- **Government Advice** - Find up to date guidance on employment, business support, benefits and travel at: www.gov.uk/coronavirus
- **EFDC COVID helpline**- 01992 564088/ www.eppingforestdc.gov.uk/coronavirus
- **Voluntary Action** - 0300 303 9988/ covidresponse@vaef.org.uk
- **Essex Welfare Service** - 0300 303 9988/ <https://essexwelfareservice.org/>
- **Citizens Advice** - 0300 330 2107/ www.citizensadviceefd.org.uk/
- **Epping Forest Foodbank** - for referral call 0300 330 2107
- **Other useful helplines**- **Elderly People:** @TheSilverlineUK - 0800 470 8090/ @Age_uk - 0800 678 1602, **Mental Health:** @MindCharity_- 0300 123 3393