

Local Restrictions to Help Control the Spread of COVID-19

The government has announced that they will replace the national restrictions with a regional approach, where different tiers of restrictions apply in different parts of the country. Kingston, along with the other London boroughs has been placed in tier 2. These new rules will come into effect from the beginning of Wednesday 2nd December.

The following information is taken from the government guidance. Further details can be found [here](#).

In all areas of England, you should remember 'Hands. Face. Space':

- hands – wash your hands regularly and for 20 seconds
- face – wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet
- space – stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings)
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Across all tiers, everyone:

- must wear a face covering in most indoor public settings, unless they have an exemption
- should follow the rules on meeting others safely
- should attend school or college as normal, unless they are self-isolating. Schools, universities, colleges and early years settings remain open in all tiers
- should walk or cycle where possible, plan ahead and avoid busy times and routes when travelling
- must follow the gathering limits at their tier
- follow social distancing rules
- limit how many different people you see socially over a short period of time

For areas under tier 2 restrictions

- you must not socialise with anyone you do not live with or who is not in your support bubble in any indoor setting, whether at home or in a public place
- you must not socialise in a group of more than 6 people outside, including in a garden or a public space – this is called the 'rule of 6' This limit of 6 includes children of any age.
- if you live in a tier 2 area, you must continue to follow tier 2 rules when you travel to a tier 1 area.

Full details of tier 2 restrictions can be found [here](#)

Exemptions from gatherings limits in all tiers include:

- as part of a single household or support bubble
- for registered childcare, education or training
- for arrangements where children do not live in the same household as both their parents or guardians
- to provide emergency assistance

What is a support bubble?

A support bubble is a close support network between a household with only one adult in the home (known as a single-adult household) and one other household of any size. From 2nd December, the government has said they will be expanding the eligibility for support bubbles to include households with a child under 1 or a child under 5 with a disability that requires continuous care. Wherever possible, support bubbles should be formed with another local household to avoid unnecessary travel.

Once you're in a support bubble, you can think of yourself as being in a single household with people from the other household. It means you can have close contact with that household as if they were members of your own household.

Once you make a support bubble, you should not change who is in your bubble.

More information on support bubbles can be found [here](#)

What is a childcare bubble?

A childcare bubble is where someone in one household provides informal (unpaid and unregistered) childcare to a child aged 13 or under in another household. For any given childcare bubble, this must always be between the same 2 households.

Friends or family who do not live with you and are not part of a support or childcare bubble must not visit your home to help with childcare. Childcare bubbles are to be used to provide childcare only, and not for the purposes of different households mixing where they are otherwise not allowed to do so.

More information on childcare bubbles can be found [here](#)

Going to school or college

- The government has prioritised ensuring all children can attend school safely, to support their wellbeing and education and help working parents and guardians.
- This applies to all tiers

This guidance is for people who are fit and well. There is separate guidance for:

- [households with a possible or confirmed coronavirus infection](#)
- [people who are clinically extremely vulnerable to coronavirus](#)