

## UP TO DATE ADVICE & GUIDANCE (as of 20.11.20)

New national restrictions to reduce the spread of COVID-19 have been in place for a week. It will take a couple of weeks to understand the potential impact of these restrictions on our local situation. We need everyone to play their part in bringing cases down to put us in the best possible place to return to fewer restrictions after national measures end.

Until 2 December, the guidance states that we must:

- Stay at home as much as possible
- Only leave home for essential reasons like exercise, food shopping and healthcare
- Remember 'hands, face, space' are still critical when you do go out
- If you have any COVID-19 symptoms, self-isolate with your household immediately, book a test and remain at home with your household whilst you wait for the result.

For more information go to; [www.publichealthdorset.org.uk/your-health/protecting-your-health/latest-updates-on-covid-19-in-dorset.aspx](http://www.publichealthdorset.org.uk/your-health/protecting-your-health/latest-updates-on-covid-19-in-dorset.aspx)

As the cases of COVID 19 continue to rise in the local area, we must all remain vigilant and work together. Please find a link to BCP Helping to keep Schools Safe [www.bcpCouncil.gov.uk/News/News-Features/COVID-19/Schools/Keeping-schools-safe/Helping-to-keep-schools-safe.aspx](http://www.bcpCouncil.gov.uk/News/News-Features/COVID-19/Schools/Keeping-schools-safe/Helping-to-keep-schools-safe.aspx) and please refer to our COVID Related Absence Guidance and our COVID 'What to do?' Flow Chart.