



Dear Resident,

15/12/2020

Following a dangerous increase in Covid-19 infections right across London we are now in **Tier 3: Very High** alert restrictions until further notice. This is an extremely serious situation where the virus is spreading quickly which makes it very difficult to get back under control. We need everyone to follow the restrictions and behave in a way that stops the spread of the virus in order to protect themselves, neighbours and loved ones.

That means following the **Hands. Face. Space** guidance:

- Wash **hands** regularly
- Cover your **face**
- Make **space** by socially distancing from everyone not in your household.

Secondly, if you have symptoms of Covid-19 get tested. The symptoms are:

- A high temperature
- A continuous cough
- A loss or change in your sense of smell or taste.

To book a test visit [www.nhs.uk/conditions/coronavirus-covid-19/symptoms/](http://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/) or call **119**. If you test positive, please engage with contact tracing when they contact you. This enables people who may need to self-isolate to receive financial support and helps prevent further spread to other people.

We all must follow these rules, because otherwise there will be serious consequences such as the deaths of our friends and neighbours, as well as prolonged restrictions on our everyday lives, more people needing hospital treatment for Covid-19 and more damage to local businesses and jobs.

We must also all be more cautious when it comes to Christmas. Mixing with friends and family at this time could lead to a continuing rise in infections, which will lead to many more deaths in January. So please be as careful as you can with respect to physical contact, avoid seeing vulnerable or elderly people, please wear your mask and don't undertake unnecessary journeys or activities.

Like everyone, I want to see my family this Christmas but I don't want to put them at risk. I want to have many more family Christmases in years to come and the risk level is very high so while I know this is a very blunt message, it is so important that we follow this advice.

The Council and the NHS are working hard to support the most vulnerable through this crisis; continue the roll out of the vaccine; help businesses follow the rules; and expand testing. We are committed to doing all that we can but we need to work together, just as we did earlier this year to protect each other.

I wish there was better news to share at this time of year. But the best we can do for our friends, family and community is to follow the rules and help stop the spread of the virus.

**Cllr Jack Hopkins**

Lambeth Council Leader

**London Borough of Lambeth**

The Town Hall, Brixton Hill, London SW2 1RW / Telephone: 020 7926 1000 / [lambeth.gov.uk](http://lambeth.gov.uk)





HM Government

Lambeth



# TIER 3

# VERY HIGH ALERT

<b>MEETING FRIENDS AND FAMILY</b> <p>No mixing of households indoors, or most outdoor places, apart from support bubbles. Maximum of six in some outdoor public spaces (e.g. parks, public gardens).</p>	<b>BARS, PUBS AND RESTAURANTS</b> <p>Hospitality is closed, with the exception of sales by takeaway, drive-through or delivery.</p>	<b>RETAIL</b> <p>Open.</p>	<b>WORK AND BUSINESS</b> <p>Everyone who can work from home should do so.</p>
<b>EDUCATION</b> <p>Early years settings, schools, colleges and universities open. Childcare, other supervised activities for children, and childcare bubbles permitted.</p>	<b>INDOOR LEISURE</b> <p>Open. Group activities and classes should not take place.</p>	<b>ACCOMMODATION</b> <p>Closed (with limited exceptions)</p>	<b>PERSONAL CARE</b> <p>Open.</p>
<b>OVERNIGHT STAYS</b> <p>We advise against overnight stays other than with household or support bubble.</p>	<b>WEDDINGS AND FUNERALS</b> <p>15 guests for weddings, civil partnerships and wakes; 30 for funerals. Wedding receptions not permitted.</p>	<b>ENTERTAINMENT</b> <p>Indoor venues closed.</p>	<b>PLACES OF WORSHIP</b> <p>Open, but cannot interact with anyone outside household or support bubble.</p>
<b>TRAVELLING</b> <p>Avoid travelling outside your area, other than where necessary such as for work or education. Further exemptions apply. Reduce the number of journeys where possible. Plan ahead and avoid busy times and routes on public transport. Avoid car sharing with those outside of your household or support bubble.</p>	<b>EXERCISE</b> <p>Classes and organised adult sport can take place outdoors, but people should avoid higher-risk contact activity. Group exercise activities and sports indoors should not take place, unless with your household or bubble. Organised activities for elite athletes, under-18s and disabled people can continue.</p>	<b>RESIDENTIAL CARE</b> <p>COVID-secure arrangements such as substantial screens, visiting pods, and window visits. Outdoor/airtight visits only (rollout of rapid testing will enable indoor visits including contact).</p>	<b>LARGE EVENTS</b> <p>Events should not take place. Drive-in events permitted.</p>

**Find out what support you can get**

For example, if you're out of work, need to get food, or want to take care of your mental health.

[gov.uk/coronavirus](https://gov.uk/coronavirus)

**If you have any coronavirus symptoms:**

A high temperature • A new, continuous cough  
A loss of, or change to, your sense of smell or taste

**Get a test and stay at home**

For more information and detailed guidance visit:  
[gov.uk/coronavirus](https://gov.uk/coronavirus)

