



# What are the rules in Stockton-on-Tees?

To help reduce the spread of Coronavirus the Government has introduced restrictions which apply to all residents in the Borough of Stockton-on-Tees (including Billingham, Ingleby Barwick, Norton, Stockton, Thornaby and Yarm).

**Remember you must also continue to follow the national guidelines listed on the other side of this leaflet.**



## What are the restrictions?

**No mixing between households anywhere indoors.**


It is against the law to:

- Have guests in your home or visit someone else's home (in or outside Stockton-on-Tees)
- Meet another household at any public indoor venue such as a pub, restaurant or café.



## Are there any exceptions?

You cannot mix socially with people from different households anywhere indoors unless you are:

- In the same support bubble
  - Attending a birth at the mother's request
  - Visiting the home of someone who is dying
  - Fulfilling a legal obligation
  - There for a work purpose or providing voluntary or charitable services
  - Providing education or training
  - Registered childcare provider
  - Providing emergency assistance
  - There to enable someone to avoid injury or illness or to escape a risk of harm
  - Facilitating a house move
  - Providing care or assistance to a vulnerable person
  - Providing childcare on an "informal" basis to children under the age of 14 to allow parents to work provided this is a consistent arrangement and the informal carers aren't looking after any other children
  - A child of parents who are separated moving between households to see both parents
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For further information and some answers to your frequently asked questions visit [www.stockton.gov.uk/coronavirus/whataretherules](http://www.stockton.gov.uk/coronavirus/whataretherules)



## What are the national guidelines?



### Rule of six

No more than six people can meet outdoors and you must stay at least two metres apart.



### Wear a Face covering

Unless you are exempt because of an underlying health condition, you must wear a face covering when:

- On a bus, train, private hire vehicle, taxi or other public transport
- In a shop
- In a restaurant, café or pub unless you are seated at a table to eat or drink
- At the hairdressers, beauticians or other close contact service



### Self isolate if you are told to

If NHS Test and Trace or a Council Public Health officer tells you to self-isolate you must stay in your home and garden - you can't pop out to the shops or to exercise.

If you have a high temperature, a new continuous cough or a loss or change in taste or smell you should also self-isolate and book a test by calling 119 or online at [www.gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test)



## Is there anything else I can do to help reduce the spread of Coronavirus?



Wash your hands regularly with soap for at least 20 seconds



Stay two metres apart



Use a face covering where it isn't possible to stay two metres apart



Only use public transport for essential reasons like school or work



Register for the NHS Test and Trace app

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