

## Covid-19

### New national restrictions

**Covid-19 cases are rising across the country.** You will be aware of the [new national restrictions](#) that came into force from Thursday 5<sup>th</sup> November. The measures were taken by the government following scientific advice that further measures were needed to control the spread of the virus, reduce pressure on the NHS and save lives.

The new restrictions mean that **everyone must stay at home and may only leave for the following reasons:**

- For education
- For work, if you cannot work from home
- For exercise and recreation outdoors, with your household, support bubble or on your own with one person from another household (socially distanced)
- For all medical reasons, appointments, and to escape injury or harm
- To shop for food and essential items
- And to provide care for vulnerable people, or as a volunteer.

Please be familiar with the details set in this [guidance](#).

### Clinically Extremely Vulnerable

New advice has been introduced by Government for those who are [clinically extremely vulnerable](#). They are not being asked to shield again but are advised to take extra precautions, including strong advice to work from home and to stay at home as much as possible. CEV residents can register with government to access support. Information on the [guidance and support available is on the council website](#).

### Support for residents

The Ealing Together phone line **020 8825 7170** remains open Monday – Friday 9am – 5pm. Residents can contact the service for support if they have been told to self-isolate by Test and Trace, were previously shielding or are isolated and are worried about how they will source food/essentials. People on low incomes who are self-isolating may be eligible for a Test and Trace [support payment](#). Information on wider support is available on the [council's website](#). Residents in financial crisis who cannot pay for food can also call Ealing Together on **020 8825 7170** for support.

### How to reduce the spread of infection

**Ealing currently has amongst the highest infection rates in London.** We need to make use of this month to bring down infection rates.

It is vitally important that we all also observe:

**Hands**– wash our hands regularly for 20 seconds

**Face**– wear a cloth [face covering](#) (e.g. in shops, public transport)

**Space**– maintain a 2 metre social distance where possible

**Isolate and test**– if you or someone in your household has Covid symptoms (high temperature, new continuous cough, loss of taste/smell), however mild, you must all [stay at home](#) and the person with symptoms get tested as soon as possible.

Apply for a test [online](#) or call 119. Some people may be eligible for [self-isolation funding](#).

