

## CHRISTMAS RULES – 23-27 DECEMBER

**A smaller Christmas is a safer Christmas, and a shorter Christmas is a safer Christmas**

CONSIDERATIONS	CHRISTMAS BUBBLE - RULES	VULNERABLE PEOPLE	MEETING PLACES
<p>It is vital that we each take personal responsibility this Christmas to limit the spread of the virus and protect our loved ones particularly if they are vulnerable. This means thinking very carefully about the risks of meeting up with others and only doing so if you feel you absolutely need to. For many, this will mean that it is not possible to celebrate Christmas in the way you normally would</p>	<p><b>From 23-27 December</b> you can form a “Christmas bubble” composed of people from no more than three households. The Government says this is a maximum number, “not a target to aim for”. If you choose to form a Christmas bubble there are three main rules:</p> <ul style="list-style-type: none"> <li>• you can only be in one Christmas bubble</li> <li>• you cannot change your Christmas bubble</li> <li>• your Christmas bubble should not include people from more than three households</li> </ul> <p>It is important that you keep your Christmas bubble as small as possible. If you have coronavirus symptoms or are self-isolating you cannot join a bubble</p>	<p>If you are in an existing household or support bubble with someone who is clinically extremely vulnerable, the safest approach would be not to join a wider Christmas bubble to help reduce the risks to their health.</p>	<p>You can meet people in your Christmas bubble in private homes or gardens, places of worship or public outdoor spaces. You can also stay overnight at each other’s homes. If you form a Christmas bubble, you should not meet socially in your home or garden with people who are not in the bubble</p>
MEETING MEASURES	PUBS AND RESTAURANTS	TRAVELLING	WELLBEING
<p>When meeting your Christmas bubble you should take these measures to prevent the spread of the virus:</p> <ul style="list-style-type: none"> <li>• wash your hands frequently</li> <li>• clean touch points regularly, such as door handles and surfaces</li> <li>• keep socially distanced from anybody you do not live with as much as possible</li> <li>• make sure you let as much fresh air in as you can during a visit and after visitors have left, without getting cold, by opening windows and doors</li> </ul>	<p>All Tiers. You cannot go to the pub or a restaurant with members of your “Christmas bubble”</p>	<p>You can travel across tiers and UK nations to meet people in your Christmas bubble. However, while it is allowed, the Government advises people to avoid travelling from Tier 3 areas to other places and only to stay overnight with someone else if necessary</p>	<p>Tips: Take the pressure off yourself – ask for help in organising Christmas Eat and sleep well, drink responsibly Stay active – get some exercise Take time to talk</p> <p>Call and text free helplines (24 hours): Samaritans: 116 123 Shout Crisis Text Line: Text 85258</p>

