

5th January - Latest News From Milton Keynes Council

National lockdown

From 5 January (today), England is in lockdown with restrictions explained at www.gov.uk.

You must not leave, or be outside of your home except where necessary. You may leave the home to:

- shop for basic necessities, for you or a vulnerable person
- go to work, or provide voluntary or charitable services, if you cannot reasonably do so from home
- exercise with your household (or support bubble) or one other person, this should be limited to once per day, and you should not travel outside your local area.
- meet your [support bubble](#) or [childcare bubble](#) where necessary, but only if you are legally permitted to form one
- seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse)
- attend education or childcare - for those eligible

Colleges, primary and secondary schools will remain open only for vulnerable children and the children of [critical workers](#). All other children will learn remotely – expected to be until February half term at least. Early Years settings remain open.

If you do leave home for a permitted reason, you should always stay local in the village, town, or part of the city where you live. You may leave your local area for a legally permitted reason, such as for work.

If you are clinically extremely vulnerable you should only go out for medical appointments, exercise or if it is essential. You should not attend work

If you do need to go out, please keep your distance from other people (at least 2m where possible), wash your hands regularly, wear a mask where needed, and self-isolate and get a test if you have symptoms.

The main symptoms of COVID-19 are:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

If you have any of these symptoms please self-isolate and [get a test](#). Anyone you live with or in your ‘support bubble’ will need to isolate and be tested too.

Keep up to date on on COVID-19 in MK at www.milton-keynes.gov.uk/coronavirus