

Celebrating Safely December 2020

Building resilience in our communities

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WELCOME

INTRODUCTIONS

- ✓ Please take a moment to introduce yourself in the chat box
- ✓ Use the chat box throughout the workshop e.g. to ask any questions?

HOUSEKEEPING

- ✓ You can choose to have your camera on or off
- ✓ Please mute your microphone when you're not speaking



IN TODAY'S SESSION, WE WILL COVER

- ✓ What is a 'Christmas Bubble'
- ✓ An overview of the local restrictions and Christmas Bubble
- ✓ Frequently Asked Questions
- ✓ Practical Tips for staying safe over the festive period
- ✓ Questions and Discussion

UPDATE ON THE LOCAL SITUATION IN MERTON





CHRISTMAS BUBBLE

Between 23 and 27 December you can form an exclusive 'Christmas bubble' of up to three households

Find out more: [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

LOCAL RESTRICTION TIER SYSTEM AND CHRISTMAS BUBBLES – AN OVERVIEW

There are different rules on meeting friends and family, depending on when you meet them.

- ✓ From 2 December to 23 December, you must follow the guidance for the tier in your area.
- ✓ From 23 December to 27 December, you may choose to form a Christmas bubble.
- ✓ A Christmas bubble will be able to spend time together in private homes, including second homes and caravans, to attend places of worship, or meet in a public outdoor place.
- ✓ If you do form a Christmas bubble, you should not meet socially with friends and family you do not live with in your home or garden unless they are part of your Christmas bubble.
- ✓ In all other settings, people should follow local restrictions in the tier in which they are meeting.
- ✓ If you do not form a Christmas bubble, you should continue to follow the guidance for the tier you are in.
- ✓ From 28 December, you must follow the guidance for the tier in your area. Christmas bubbles will no longer apply.





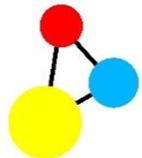
HM Government



WASH HANDS



MAKE SPACE



**KEEP
MERTON
SAFE**



Test and Trace

FREQUENTLY ASKED QUESTIONS



Can I visit a bar/restaurant during the 5 day period 23-27 December?

- ✓ Yes, you can, with those in your support bubble or household, however, this does not include your 'Christmas Bubble'. The rules on who you can meet with in bars, pubs and restaurants will depend on your tier.

Can I visit a church or a place of worship with my Christmas Bubble?

- ✓ Yes you can, in all Tiers we can attend a place of worship with those in our household and or support bubble, and from the 23 - 27 December we can also attend a place of worship with members of our Christmas bubble.

Can I attend a Carol Service with a friend?

- ✓ Yes you can, In Merton we are in Tier 2: High Alert, this means you can see friends and family you do not live with (or do not have a support bubble with) outdoors, in a group of no more than 6. To attend a Carol services indoors you must only do so with those in your household or support bubble, and during the 5 day festive period this can include your Christmas Bubble.

Can I travel within the UK to see my friends/ family?

- ✓ Yes, between 23 and 27 December, you may travel between tiers and other nations of the UK if necessary to meet with other households in your Christmas bubble or return home. Once at your destination, you should follow the rules in that tier.
- ✓ You should not travel to see your bubble before 23 December, or travel back after the 27 December except in exceptional circumstances (for example, if a member of your Christmas bubble develops symptoms of COVID-19 and you are required to self-isolate). Anyone travelling to or from Northern Ireland may travel on the 22 and 28 December.

Can I form a Christmas Bubble if I have been asked to isolate or have tested positive?

- ✓ If people have to self-isolate due to COVID-19 symptoms or a positive test, or quarantine because they have been in contact with a confirmed case, then it is essential to do so regardless of the occasion.



TIPS FOR CELEBRATING SAFELY



BEFORE THE FESTIVE PERIOD

- ✓ Christmas bubbles need to consider these risks carefully before agreeing to form a bubble.
- ✓ We recommend a written or online household plan. If everyone has contributed, and is clear about what is agreed, they are all more likely to be able to stick to safety measures. A Household Plan should cover:
 - Who will you meet?
 - How often will you meet them?
 - In what setting will you meet them?
 - How long will you meet them for?

And for each occasion you need to be clear on:

- How will we maximise spacing between people?
 - How will we make sure there is enough ventilation?
 - Should we use facemasks?
 - How will we ensure hands, objects and surfaces are regularly cleaned?
 - How will we limit the presence of people more likely to spread or get ill from the virus.
- ✓ Be particularly cautious and try to limit your close contacts in the days and weeks prior to the gathering with your Christmas bubble,
 - ✓ Do your Christmas shopping early for both gifts and food, to avoid the last minute rush and crowds in supermarkets and shops

DURING THE FESTIVE PERIOD

- ✓ COVID-19 does not go on holiday. The risk of transmission remains the same over the festive season as it does at any time.
- ✓ Keep multiple windows (or a window and door) open to create airflow through the house.
- ✓ Clean all frequently touched surfaces after anyone uses them (e.g. taps, toilet flush, light switches etc)
- ✓ Try to avoid hugs, kisses and handshakes as people arrive
- ✓ Don't share items like crockery and glassware
- ✓ Avoid sharing food and buffet style set ups
- ✓ Extra distance between settings will make sure everyone is comfortable and keeps people safe
- ✓ Avoid board games with a lot of pieces that need to be handled, replace them with talking games or quizzes.
- ✓ When giving presents remember to wash hands before and after handling, as this will limit surfaces getting contaminated
- ✓ Only sing or do physical activities like dancing outdoors. If you must do such activities indoors make it brief and ensure good ventilation, consider masks.
- ✓ Look for outdoor activities that can be socially distanced and keep you active, e.g. a long walk



AFTER THE FESTIVE PERIOD

- ✓ If a member of your Christmas bubble tests positive for coronavirus or develops coronavirus symptoms between the 23 and 27 December, or up to 48 hours after members of the bubble last met, all members of the bubble must self-isolate as if they were members of the same household.
- ✓ In the two weeks that follow your last meeting with your Christmas bubble, you should reduce your contact with people you do not live with as much as possible.
- ✓ The Christmas relaxation of meeting up rules does not extend to New Year's Eve, you must follow the rules on where you can go and who you can meet, including on New Year's Eve. Your Christmas bubble will no longer apply. Hospitality venues are all required to close by 23:00 at the latest.

QUESTIONS AND DISCUSSION



NEXT STEPS

- ✓ If you would like a copy of the slides today please email public.health@merton.gov.uk
- ✓ We share key messages every Wednesday at our COVID-19 Community Champions drop in session, if you would like to attend please email public.health@merton.gov.uk or sign up using our online registration form <https://consult.merton.gov.uk/survey/795>
- ✓ We will save these slides on the webpage in the coming days – keep an eye out <https://www.merton.gov.uk/coronavirus/covid-19-community-champions>
- ✓ Register for the COVID-19 Newsletter <https://public.govdelivery.com/accounts/UKLBM/signup/16247>



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