

North East Regional Covid-19 Restrictions Guide

These are the restrictions that now apply across County Durham, Gateshead, Newcastle, South Tyneside, Northumberland, North Tyneside and Sunderland

<p>Social & family gatherings home or garden</p> <p>Not permitted Fines in place</p> 	<p>Bars, leisure and entertainment venues</p> <p>Closed 10pm - 5am</p> 	<p>Indoor venues Including pubs and restaurants</p> <p>Only with people from your household or support bubble</p> 	<p>Public venues serving food and drink</p> <p>Table service only Face coverings to be worn unless seated</p> 	<p>Takeaways</p> <p>Closed 10pm - 5am 10pm to 5am delivery service only</p> 
<p>Public Transport</p> <p>Use only if essential Mandatory face coverings Walk or cycle if possible</p> 	<p>Holidays</p> <p>Only with people from your household or support bubble</p> 	<p>Informal childcare with family or friends</p> <p>You can link with one other household so that parents of children under 14 can work</p> 	<p>Childcare Separated parents</p> <p>Children of separated parents can continue to move between households</p> 	<p>Sporting events</p> <p>No spectating including professional or semi-professional sports</p> 
<p>Indoor team sport</p> <p>Rule of 6 applies e.g. No 5 a-side games</p> 	<p>Long-term residential care venues</p> <p>Visits suspended apart from critical or compassionate grounds</p> 	<p>Weddings</p> <p>Limited to 15 guests</p> 	<p>Funerals</p> <p>Check with your funeral director for restrictions on numbers</p> 	<p>Workplace</p> <p>Work from home where possible. Travel in and out of the affected areas for work is permitted</p> 
<p>Over 70s and medically vulnerable</p> <p>Shielding not in place Limit your social contact to reduce your risk</p> 	<p>Hospital visits</p> <p>Check with your local hospital</p> 	<p>Schools, early learning and childcare services</p> <p>Open with Covid plan Face coverings for Year 7+ in all communal areas</p> 	<p>Adult/Higher Education</p> <p>Open with Covid plan Protective measures in place</p> 	<p>Leisure centres, gyms and pools</p> <p>Open Check with venue for any restrictions</p> 
<p>Indoor Cultural Venues Museums, galleries, etc.</p> <p>Check with venue Safety measures in place Mandatory face coverings</p> 	<p>Religious venues</p> <p>Open for services and prayers</p> 	<p>Work inside homes</p> <p>Permitted with safety measures</p> 	<p>Retail & close contact services Hairdressers, salons, etc.</p> <p>Open Safety measures in place Mandatory face coverings</p> 	<p>Enforced restrictions in place</p> <p>Limitations/restrictions in place</p> <p>Some changes in operation apply</p>



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