

National lockdown - Stay at home

Prime Minister Boris Johnson has called a third national lockdown for the whole of England.

Coronavirus cases are rising rapidly throughout the country and the lockdown has been imposed to slow its spread.

You must stay at home, protect the NHS and save lives.



What you can and cannot do

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

[Find out what you can and cannot do](#)

Call the helpline

If you are affected by coronavirus you can call the Hampshire Helpline and ask for assistance.

The helpline is open 9am to 5pm weekdays and 10am-3pm on weekends.



Clinically Extremely Vulnerable people

For people who are considered Clinically Extremely Vulnerable there is additional advice.

If you are clinically extremely vulnerable you should not go to work and limit the time you spend outside your home. You should only go out for medical appointments, exercise or if it is essential.

[Find out the latest advice for Clinically Extremely Vulnerable People](#)

Support for businesses

Grants and support is available for businesses affected by the lockdown.

[Find out what support your business is eligible for](#)

Our mailing address is: **Havant Borough Council, The Public Service Plaza, Civic Centre Road, Havant, Hampshire, PO9 2AX**



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