



## UPDATE: Tier 4 and changes to Christmas arrangements

Despite the tough restrictions in place, the COVID-19 virus is spreading more rapidly in London, the South East and the East of England than we would expect.

This is likely to be because of a new variant of the virus which appears to be passed on more easily.

Although there is no evidence that this new variant causes more severe illness, the [Prime Minister has announced new restrictions in these most affected areas](#) and changes to the plans for Christmas for all of us.

Please help us to make sure that everyone knows about the new rules and where to find the right information.

### Key messages

1. The [Prime Minister has announced new tier 4 restrictions](#) to tackle the virus in the most affected areas. These restrictions started on Sunday 20 December.
2. [Our Christmas plans must change.](#) Wherever you are, keep Christmas small, short and local.
3. [We must continue to follow the rules in our tiers on New Year's Eve.](#) Following the rules this year, should mean that we can be together next year.

### Reporting

Please share your feedback, statistics and results with: [CV19-ExternalAffairs@cabinetoffice.gov.uk](mailto:CV19-ExternalAffairs@cabinetoffice.gov.uk)



On Sunday 20 December, parts of [London, the South East and the East of England, which were previously in Tier 3, entered a new Tier 4.](#)

The [restrictions in Tier 4](#) means that, with some exceptions, people who live in these areas must stay at home.

People should not go to or leave Tier 4 areas, and people who live in a Tier 4 area must not stay away from home overnight.

You can meet your [support bubble](#). You are also allowed to [go to work](#), if you cannot work from home.

You can also go to a place of worship, but you must follow the [safety rules](#)

People who are [extremely vulnerable should stay at home](#), except to go outside to exercise or go to health appointments.



### Call to action

- Share this [animation explaining the new Tier 4 guidance](#) with your networks.
- You can find detailed [information about the new Tier 4 rules](#) on gov.uk.



# COVID-19 Stakeholder and Influencer Toolkit

## What this means for Christmas

We cannot continue with Christmas as planned. If you live in a Tier 4 area, you must follow the rules and you must not meet anyone you do not live with or who is not part of your support bubble.

For those in Tiers 1, 2 and 3, if you need to, you can still make a [Christmas bubble](#), with friends and family, but only on Christmas Day, 25 December. You cannot see anyone from a Tier 4 area.

If you do choose to meet your bubble on Christmas Day, remember, to keep your celebration as short, small and as local as you can.

You must also follow the [rules in your local area](#) from 26 December, including on New Year's Eve and New Year's Day. Check the [postcode tracker](#) to see your local tier and the rules you must follow.

### Call to action

Share this [video from Dr Amir Khan about how we can protect our family and friends from COVID-19](#)

Share this [video which explains how we can continue to suppress the virus over the Christmas period.](#)





# COVID-19 Stakeholder and Influencer Toolkit

## Travel advice

Many people will decide to stay at home over Christmas. You should not travel if you can avoid it.

People who live in Tier 4, must not travel and can only see the people they live with or people in their support bubble.

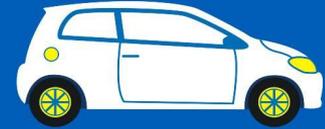
If you are in an areas where you are allowed to join a Christmas bubble on 25 December, you should consider whether it is the right thing to do.

This is because up to 1 in 3 people who have the virus do not show symptoms, so they could pass on the virus without knowing.

If you have to travel, book ahead and plan your journey carefully. [Scotland](#), [Wales](#) and [Northern Ireland](#) have their own rules, so you must check those before you travel.

## Christmas Travel

Avoid sharing a car with people not in your household, Christmas or support bubble. Plan ahead and check your route **before you travel.**



STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES



### Call to action

- Share information about how to travel and meet safely for Christmas
- Advise your networks to [check the rules for their tier](#) before they travel.
- Share some helpful [Christmas travel advice](#) from The Department for Transport.



# COVID-19 Influencer Toolkit

## We can all help to beat the virus

We all need to play our part to tackle the COVID-19 virus.

- More than 300,000 people have already had their first dose of the **COVID-19 vaccine**. [If the NHS asks you to, please get your vaccine and tell your friends and family to as well.](#)
- **Community testing** is available in many areas. Please share [information about community testing](#) and why it is important.
- We can use the **NHS Test and Trace App** to help keep ourselves and others safe. Everyone should download the [NHS Test and Trace App](#).
- Many people will now be alone at Christmas, please check on family and loved ones who might be alone or lonely.



Please also share information about:

- The government's [COVID-19 Winter Plan](#) and this [video explaining the plan](#)
- The most recent [government update on vaccines](#) and these [assets](#)
- The [Every Mind Matters campaign](#) which aims to help us all with our mental health