

From Saturday 17 October 00:01, Essex will move from Local COVID Alert Level Medium to Local Alert Level **High**.

These measures will be reviewed every 14 days to consider whether they are still appropriate.

We are keen to get your help to communicate the Covid Alert Levels and guidance with your networks and also to explain why it is important that we all follow the rules in place in our local areas.

Suggested activity

We have suggested some activities below:

- Amplify the [press release](#) from the Department of Health and Social Care.
 - Share the [Postcode checker](#) so people can find out what measures affect them,
 - Share the [Local COVID alert level: high guidance](#) with your networks
 - Share your local Council's social media [@Essex_cc](#)
 - Create content and share via your own and network's channels including closed groups such as Whatsapp.
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- **New local restrictions, effective from Saturday 17 October 00:01**, include:
 - People must not meet with anybody outside their household or support bubble in any indoor setting, whether at home or in a public place
 - People must not meet in a group of more than 6 outside, including in a garden or other space.
 - Aim to reduce the number of journeys they make where possible. If they need to travel, they should walk or cycle where possible, or plan ahead and avoid busy times and routes on public transport
 - **Existing national restrictions**
 - Hospitality for food and drink will be restricted to table service only.
 - Late night restriction of operating hours will be introduced, so leisure and entertainment venues will be required to close between from 10pm and 5am.
 - People will need to continue to comply with the 'rule of six' where it is against the law to meet people you do not live with in a group larger than six (apart from specific exemptions listed in the [national guidance](#))