



## Guidance for Parents and Carers over Christmas

Over Christmas we all want to be with our friends and family. For this reason the government have eased some social restrictions. However, even when following these new rules, we must continue to take personal responsibility to limit the spread of Covid-19 and protect our loved ones.

Please **continue taking the precautions** to reduce the spread of the virus, to help ensure the festive period is as safe as possible. This includes:

- The Hands, Face and Space rule – (Wash hands, wear a face covering and keep 2m social distance)
- Ensure indoor spaces are well ventilated, with as much fresh air as possible.
- Follow [rules on self-isolation](#) especially if you or a family member develop symptoms or test positive.

Remember Swindon is [Tier 2](#), which means case rates in Swindon are still high.

In tier 2 you can:

- **Meet indoors** (in your house, pub or restaurant) **ONLY with your household or support bubble.**
- **Meet outdoors** with friends and family, **who do not live with you** in a group of **NO MORE than 6.**

Parents should continue to send their children to school right up until the end of term. We would like to remind you to follow your child's school Covid Rules. Make sure you keep your social distance with other parents, pupils, and school staff when picking and dropping off your children.

University/College students should be home by now and they should have taken a Covid-19 test before leaving university/college to minimise risk to friends and family. Whilst at home they should minimise contact with people outside their home to protect the members in their household.

## Christmas Bubble

Over the Christmas period you will be able to form a fixed bubble, from 23<sup>rd</sup> December – 27<sup>th</sup> December. The bubbles **DO NOT** apply for New Year's Eve.

- The fixed Christmas bubble is formed of **NO more than 3 households.**
- You can only be in 1 bubble.
- You cannot change your Christmas bubble.
- You can travel between tiers for the purpose of meeting with your bubble.

- You can meet with your Christmas bubble indoors, in your garden, place of worship or any public outdoor spaces.
- You need to return to Swindon, (your home) by 27<sup>th</sup> December and stick to the tier 2 rules.

**The rules on forming and using a Christmas bubble will be the law. You must follow them to minimise the spread of infection.**

Make your Christmas bubble safe:

- Keep indoor spaces well ventilated
- Wash your hands regularly
- Clean touchpoints regularly e.g. door handles and surfaces
- Limit social contact with people who are clinically extremely vulnerable

The more people you see, the more likely it is that you will catch or spread Covid-19. You can spread the virus to others even if you and the people you meet have no symptoms. You and the other people in your Christmas bubble need to consider these risks carefully before agreeing to form a bubble. For friends and family you cannot meet with, you should consider alternative ways to celebrate Christmas, such as the use of technology.

### Looking after the Vulnerable

You should take particular care to follow advice if you are in a Christmas bubble with anybody who is vulnerable or clinically extremely vulnerable. Read this guidance if you or anyone in your household is vulnerable or clinically extremely vulnerable, this carries additional risks - [see advice for clinically vulnerable people](#).

Children (under-18) whose parents do not live together can be part of both parents' Christmas bubbles. **Nobody else should be in two bubbles.**

### Childcare over Christmas

If childcare is required **over** the Christmas period, local restrictions and exemptions will still remain in place. Therefore, registered childcare, other supervised activities for children, and childcare bubbles are permitted. If you choose not to form a Christmas bubble, you should continue to follow the tier 2 rules set for Swindon.

### Travel over Christmas

Between 23 and 27 December, you may travel between tiers and other nations of the UK to form your Christmas bubble or return home. Once at your destination, you should follow the [tiers of that area](#). 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 from abroad, from the 5<sup>th</sup> December will need to self-isolate for 5 days and then they have the option to take a test, if the results are negative they no longer need to isolate.

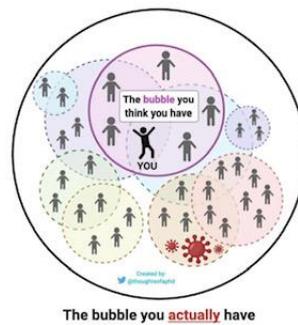
From 28 December, you must follow the guidance for **tier 2 back in Swindon**. Christmas bubbles will no longer apply. If you are **Celebrating New Year's Eve** in Swindon and meeting

friends or family not in your household, this must be done outside your home, in the garden or in an outdoor public space **with no more than 6 people**.

### After the Christmas period

After the Christmas period you should reduce your contact with people you do not live with as much as possible. Children can go back to school in January and you can go back to work or work from home to avoid unnecessary social interaction and prevent the risk of catching or spreading the virus.

The diagram shows how quickly the virus can spread and why we encourage people to think about their extended bubbles. It's not just about how you behave, you have to consider how those around you behave and those around them behave too.



**Swindon It's up to all of us, so let's keep Swindon safe over Christmas!**