

#STOPTHESPREAD #SAVELIVES

# 全国封锁

English	Chinese - 中文
<p><b>New restrictions are in place for national lockdown.</b> More details at <a href="http://www.nottinghamcity.gov.uk/coronavirus">www.nottinghamcity.gov.uk/coronavirus</a></p>	<p>全国封锁新的限制措施。更多信息请访问 <a href="http://www.nottinghamcity.gov.uk/coronavirus">www.nottinghamcity.gov.uk/coronavirus</a></p>
<p><b>Stay home</b> Only go out for:</p> <ul style="list-style-type: none"><li>• Buying essentials, such as food and medicine</li><li>• Collecting orders, including takeaways</li><li>• Childcare or education</li><li>• Work or volunteering</li><li>• Exercise</li><li>• Any medical reason (for yourself or others)</li><li>• Legal or property reasons</li><li>• To visit members of your support bubble</li><li>• To provide care for vulnerable people, emergency assistance, attend a support group or receive respite care</li><li>• To avoid or escape risk of harm (such as domestic abuse)</li><li>• Vets appointments or other animal welfare</li></ul>	<p><b>留在家中</b> 仅出于以下原因外出:</p> <ul style="list-style-type: none"><li>• 购买诸如食品和药品等必需品</li><li>• 收取订购物品, 包括外卖</li><li>• 儿童保育或教育</li><li>• 工作或志愿服务</li><li>• 锻炼</li><li>• 任何医疗原因 (为自己或他人)</li><li>• 法律或财产原因</li><li>• 与“支持泡泡”成员见面</li><li>• 为弱势人群提供护理、紧急援助、参加支持小组或接收临时护理</li><li>• 避免或逃离伤害风险 (如家庭暴力)</li><li>• 兽医预约或其他动物健康事宜</li></ul>
<p><b>Meeting family and friends</b> You can only meet indoors with people in your household or support bubble.</p> <p>You can exercise or visit outdoor public places with the people you live with, your support bubble, or 1 person from another household.</p> <p>Outdoor public places include:</p> <ul style="list-style-type: none"><li>• Parks, beaches, countryside</li><li>• Public gardens and allotments</li><li>• Playgrounds.</li></ul> <p>You cannot meet in a private garden.</p> <p>Children under school age, as well as those dependent on round-the-clock care, will not count towards the limit.</p>	<p><b>与家人和朋友见面</b> 您仅可在室内与家中或“支持泡泡”成员见面。</p> <p>您可以与一同居住的人员、“支持泡泡”成员或 1 位来自另一家庭的成员一同锻炼或前往室外公共场所。</p> <p>室外公共场所包括:</p> <ul style="list-style-type: none"><li>· 公园、海滩、郊外</li><li>· 公共花园和园地</li><li>· 运动场所</li></ul> <p>不能在私人花园会面。</p> <p>未满学龄儿童, 以及需要全天候照顾的受抚养者不在限制之列。</p>
<p><b>Shops</b> Food shops, supermarkets, garden centres and retailers providing essential goods and services can open.</p>	<p><b>商店</b> 提供必需品和服务的食品店、超市、花园中心和零售商可以开放。</p>
<p><b>Leisure</b></p>	<p><b>休闲</b></p>

Leisure facilities, entertainment venues and personal care facilities will be closed.	休闲设施、娱乐场所以及个人护理设施将关闭。
<b>Food and drink</b> Restaurants, bars and pubs will close, but can provide takeaway and delivery.	<b>食品和饮料</b> 餐厅和酒吧将关闭，但可以提供外卖和外送。
<b>Places of Worship</b> Open.	<b>礼拜场所</b> 开放。
<b>Funerals</b> Only permitted with a maximum of 30 people. Linked religious, belief-based or commemorative events, such as stone settings and ash scatterings, maximum of 6 people.	<b>葬礼</b> 最多允许 30 人。 宗教、信仰或纪念相关的活动，如置石或播撒骨灰，最多 6 人。
<b>Weddings and civil partnership</b> Only permitted with a maximum of six people, in exceptional circumstances	<b>婚礼及民事伴侣关系</b> 只有在特殊情况下，最多允许六人
<b>Going to work</b> Work from home if you can	<b>外出工作</b> 如果可以的话，在家工作
<b>Schools, colleges and universities</b> Closed (open for children of a critical/key worker)	<b>学校、学院和大学</b> 关闭（对关键工作人员的子女开放）
<b>Childcare and Early Years</b> Registered childcare will continue. Early years settings can remain open.	<b>儿童保育和早期教育</b> 注册的儿童保育将继续。早期教育机构可以继续开放。
<b>Clinically Extremely Vulnerable</b> <ul style="list-style-type: none"> <li>Stay home as much as possible</li> <li>Ask others to collect your food or medicine</li> <li>You can still go outside to exercise with your household or support bubble, OR 1 person from another household</li> <li>Do not attend a workplace. Work from home or, if not possible, apply for financial support.</li> </ul> If you need help, call the Council: 0115 915 5555	<b>健康极易受影响人群</b> <ul style="list-style-type: none"> <li>尽可能留在家中</li> <li>请他人代为获取食品或药品</li> <li>您仍可与家中或“支持泡泡”成员，或来自其他家庭的 1 位成员一起户外运动。</li> <li>不要前往工作场所。在家工作，如果不可能的话，请申请经济支持。</li> </ul> 如果您需要帮助，请致电委员会：0115 915 5555
<b>Visiting relatives in care homes</b> Visits allowed with safety guidance in place. Check arrangements with the home before you visit.	<b>前往护理机构探望亲属</b> 在遵循安全指示的情况下允许探视。探访前请与机构进行确认安排。
<b>Travel</b> Avoid travel and reduce journeys. Walk or cycle where possible, and avoid busy times on public transport.	<b>出行</b> 避免出行，减少旅行安排。尽可能步行或使用自行车，避开在繁忙时间乘坐公共交通。
<b>Holidays</b> No overnight stays or holidays away from your home.	<b>节假日</b> 不要进行过夜停留或在假期离家。
If you are self-isolating, and you need help, call the Council 0115 915 5555 Translated information is available at this website: <a href="http://www.nottinghamcity.gov.uk/coronavirus/translations">www.nottinghamcity.gov.uk/coronavirus/translations</a>	如果您正在自我隔离并且需要帮助，请拨打 0115 915 5555 致电联系委员会。 可在以下网站查看翻译信息： <a href="http://www.nottinghamcity.gov.uk/coronavirus/translations">www.nottinghamcity.gov.uk/coronavirus/translations</a>