



## New national restrictions start today

To help reduce the spread of COVID-19 new national restriction measures have come into force today, Thursday 5 November, and **will remain in place until Wednesday 2 December**. Click [here](#) to find out how this will affect West Sussex County Council services, including libraries, Household Waste Recycling Sites, registration services and ceremonies.

You can also find the latest weekly case numbers [on our website](#).

The new tougher national restrictions include staying at home, only travelling if it is essential, and not meeting people socially. Restrictions do allow people to exercise or meet in a public, outdoor space with people they live with, their [support bubble](#) (or childcare bubble), or with one other person. It is vital that anyone who thinks they need any kind of medical care comes forward and seeks help. Further information, including working from home, business closures and the financial support available can be found on the government's website below.

## Community hub is here to help

Our COVID-19 Community Hub remains open and continues to focus on helping the most vulnerable in our county, providing support, information and guidance. More details about how the Community Hub can help our vulnerable residents, their families and carers can be [found on our website](#).

But if your request is urgent, for example, you are going to run out of food or medication within the next three days, please call: **033 022 27980**.

# Self-isolation reminder

You must self-isolate if:

- You have symptoms of COVID-19 ([and arrange a COVID-19 test](#))
- You have a positive test result
- You are told to self-isolate by NHS Test and Trace
- You are living with someone who has symptoms or has a positive test result.

If you develop symptoms you must immediately self-isolate and [arrange a test](#). You must only get a test if you have symptoms. This is because an early COVID-19 test could be negative and actually you are still developing infection and could be spreading COVID-19.

Self-isolation means you:

- Stay at home
- Do not go outside
- Do not go to work
- Do not go shopping

How long do I self-isolate for?

If you have symptoms or have tested positive for coronavirus, you'll usually need to self-isolate for at least 10 days.

You'll usually need to self-isolate for 14 days if:

- Someone you live with has symptoms or tested positive
- Someone in your support bubble has symptoms or tested positive
- You've been told to self-isolate by NHS Test and Trace

Even if you get a negative test during your self-isolation, as a close contact you still need to self-isolate for the full 14 days.

# New working restrictions

With the new national restrictions, residents are asked to work from home where possible.

Anyone working in an office must make sure they practise social distancing, that the workspace is properly ventilated and that they travel safely to and from work, avoiding public transport where possible.

Please be vigilant to maintain social distancing during staff breaks.

If you develop symptoms you must stay at home – or return home if you are already in the office.

If you have been asked to self-isolate you must continue to do so for the remaining time, even if you receive a negative test result.

# Keeping in touch

Please forward this e-newsletter to anyone you think would find it useful and [encourage them to sign up](#).

For daily updates, follow us on social media [@WSCCNews](#) and [@WestSussexCC](#).

We are also now on [nextdoor](#), the app designed with communities in mind. Follow the link and join the conversation.

Thank you for your support. Keep safe.

**CORONAVIRUS**

**KEEP  
WEST  
SUSSEX  
SAFE**



Visit our website for the latest advice and updates »

**SPREAD THE MESSAGE NOT THE VIRUS  
#KEEPWESTSUSSEXSAFE**