



## New Wales rules

**Update 19<sup>th</sup> October**



We need to stick to **Wales** rules.



Mark Drakeford gave some news today



Wales is having another lockdown



It is called a circuit breaker.  
This means stopping things.  
To give the NHS a chance to cope.  
And to stop the virus spreading.



This will start on Friday 23<sup>rd</sup>  
October in the evening.

November

9

It will last until 9<sup>th</sup> November



You must stay at home



Most shops will close



Pubs and gyms will close.



Restaurants can only do takeaways



You must not meet anyone outside



Or in your home



But if you live on your own, you  
can link with one other family



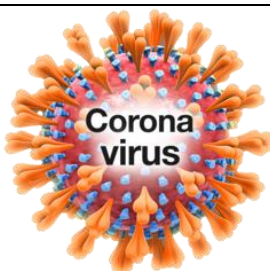
And support can still visit



Food shops will be open.



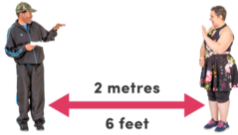
So you can go out to get food  
and medicine.



This will help stop the virus



Face coverings must be worn if you go into a shop.



And always keep a social distance



Wash your hands.



Tell someone if you feel ill, so you can isolate.



Please stay safe.



The Pembroke Community Hub is there to help. On 01437 776301



Ask PPF if you have any questions.  
01437 769135. Monday – Thursday 10-4