

## November 2020: COVID-19 Lockdown

The UK Government has issued the following summary and wants to make sure it reaches our KCA Community. Please read and keep for reference.

**PRIZE DRAW:** We have 7 x £100 prizes. Just answer the 5 minute quiz and you will be entered in a draw to take place when KCA meetings restart.

**QUIZ:** <https://forms.gle/2B1xMRYtsCR4bYE5A>

## 2020年11月：COVID-19锁定

英国政府已发布了以下摘要，并希望确保其到达我们的KCA社区。请阅读并保留以供参考。

**奖品抽奖：**我们有7 x £100 的奖品。只需回答测验，当KCA会议重新开始时，您就会进入抽奖活动。

**测验:** <https://forms.gle/dqiyh4GsYcSyzpjG9>

<a href="#">New national restrictions</a>	<a href="#">新的国家限制</a>
To prevent the spread of coronavirus, you must stay at home.	為了防止冠狀病毒傳播，您必須待在家裡。
You should only leave home for a limited set of reasons: <ul style="list-style-type: none"><li>- For education</li><li>- For work, if you cannot work from home</li><li>- For exercise and recreation outdoors</li><li>- with your household or support bubble, or on your own with one person from another household</li><li>- For all medical reasons, appointments, and to escape injury or harm</li><li>- To shop for food and essentials</li><li>- To provide care for vulnerable people or to volunteer</li></ul>	您只能出於有限的原因離開家： <ul style="list-style-type: none"><li>- 教育</li><li>- 對於工作，如果您不能在家工作</li><li>- 在戶外運動和娛樂-與您的家庭或支持人員一起，</li><li>- 或獨自與另一個家庭中的一個人一起</li><li>- 出於所有醫療原因，約會以及逃避傷害或傷害</li><li>- 購買食物和必需品</li><li>- 為弱勢群體提供照顧或志願服務</li></ul>
Non-essential shops, leisure and entertainment venues will close, including pubs and restaurants except for takeaway and delivery services	非必要的商店，休閒娛樂場所將關閉，包括酒吧和飯店，但外賣和送貨服務除外
By staying at home and following the guidelines, you are helping to protect your friends, family and community by preventing the spread of coronavirus.	通過呆在家裡並遵守指南，您可以通過預防冠狀病毒的傳播來保護自己的朋友，家人和社區。
These restrictions will be in place until at least 2nd December 2020	這些限制將一直有效到至少12月2日2020年

<b>Preventative measures</b>	预约测试
You can help prevent the spread of COVID-19 by remembering:  <b>Hands - Face - Space</b>	通过记住以下内容，可以帮助防止 COVID-19 传播：  <b>洗手 - 面罩 - 距离</b>
Wash your hands regularly for more than 20 seconds.	经常洗手20秒钟以上
Wear a face covering in shops, on public transport and where you cannot maintain a 2 metre distance.	在商店，公共交通工具上以及无法保持2米距离的地方，要戴上面部防护罩。
Keep a safe distance from people not in your household or support bubble - 2 metres where possible or 1 metre with extra precautions.	与不在您家中的人或支持泡沫的人保持安全距离-尽可能2米或1米，并采取额外的预防措施。
<b>Booking a test</b>	
If you have any symptoms of coronavirus - a high temperature, a new, continuous cough or a loss or change in your sense of taste or smell - you must stay at home, and book a free test immediately at <a href="http://www.nhs.uk/coronavirus">www.nhs.uk/coronavirus</a> or call <b>119</b> .	如果您有冠状病毒的任何症状-高温，新的，持续的咳嗽或味觉或气味的丧失或改变-您必须待在家里，并立即在 <a href="http://www.nhs.uk/coronavirus">www.nhs.uk/coronavirus</a> 上预订免费测试 或致电 <b>119</b>
<b>Rules on self-isolation</b>	自我隔离规则
If you test positive for COVID-19, you must self isolate for 10 days from when your symptoms started. Anyone you live with must self isolate for 14 days from when your symptoms started.	如果您对COVID-19测试呈阳性，则必须在症状出现后的10天内自我隔离。与您生活在一起的任何人都必须自症状出现之日起自我隔离14天。
If you are contacted by NHS Test and Trace and told you have been in close contact with someone who has tested positive for COVID-19, you must self isolate for 14 days. You should only book a free test if you develop any symptoms.	如果 NHS Test and Trace 与您联系，并告知您已经与测试 COVID-19 呈阳性的人保持密切联系，则必须自我隔离14天。如果出现任何症状，则仅应预订免费测试。
The council and other agencies will support you if you and your family need to self isolate and have no one else to call on. To find out what support is available complete our support form at <a href="http://www.bitly.com/KingstonHelp">www.bitly.com/KingstonHelp</a> or call us on <b>020 8547 5000</b> .	如果您和您的家人需要自我孤立并且没有其他人可以呼吁，那么市议会和其他机构将为您提供支持。要查找可用的支持，请在 <a href="http://www.bitly.com/KingstonHelp">www.bitly.com/KingstonHelp</a> 上填写我们的支持表格，或致电 <b>020 8547 5000</b> 。
The Government has announced financial support for those on low incomes and in receipt of benefits who cannot work from home if they are required to self isolate. More details are available at <a href="http://www.kingston.gov.uk/self-isolation-payment">www.kingston.gov.uk/self-isolation-payment</a>	政府已宣布为那些低收入和领取津贴的人提供财政支持，如果他们需要自我隔离，他们将无法在家工作。有关更多详细信息，请查询 <a href="http://www.kingston.gov.uk/self-isolation-payment">www.kingston.gov.uk/self-isolation-payment</a>

<p>The Government will be imposing fines starting at £1,000 and rising to £10,000 for those who do not follow the rules on self isolation. This will be enforced by the Police.</p>	<p>政府将对那些不遵守自我隔离规则的人处以 1,000英镑 起的罚款，提高到 10,000英镑 的罚款。这将由警方执行。</p>
<p><b>The NHS app</b></p>	<p><b>NHS应用</b></p>
<p>The NHS COVID-19 app will help to prevent the spread of coronavirus by helping to identify people who've been in close recent contact with someone who's tested positive for coronavirus, and will send them an alert straight to their mobile phone asking them to self-isolate. You can download the app from the App Store on your phone. To find out more, go to <a href="http://www.covid19.nhs.uk">www.covid19.nhs.uk</a></p>	<p>NHS COVID-19应用程序将通过帮助识别最近与被冠状病毒检测呈阳性的人保持密切联系的人员，来帮助预防冠状病毒的传播，并将警告信息直接发送至手机，要求他们自我诊断 - 隔离。您可以从手机上的 App Store 下载该应用程序。 要了解更多信息，请访问 <a href="http://www.covid19.nhs.uk">www.covid19.nhs.uk</a></p>
<p><b>Why should I follow the rules?</b></p>	<p><b>我为什么要遵守规则？</b></p>
<p>The rules are here to protect you, and to help you protect your friends and family. If you increase your risk of exposure to the virus, you increase the risk of everyone around you.</p>	<p>这里的规则是为了保护您，并帮助您保护您的朋友和家人。如果您增加了接触该病毒的风险，那么就会增加周围每个人的风险。</p>
<p>By following the rules and playing our part, we can also protect jobs and protect our local hospital and NHS services. We need to prevent the spread of COVID-19 to ensure the NHS can continue to provide all the essential services people across our borough rely on.</p>	<p>通过遵守规则并发挥我们的作用，我们还可以保护工作并保护我们当地的医院和NHS服务。我们需要防止 COVID-19 的传播，以确保NHS能够继续提供我们行政区人民所依赖的所有基本服务。</p>