





## Sandwell News

### Government restrictions in Sandwell Alert level: high (Tier 2)

-  You must not socialise with anybody outside of your household indoors, whether at home or in a public place
-  You must not socialise in a group of more than 6 outside, including in a garden or park

#### Follow the rules - stop the spread of Covid-19

More details [www.sandwell.gov.uk/localrestrictions](http://www.sandwell.gov.uk/localrestrictions)





## Sandwell - Tier 2 - what does that mean?

The government yesterday announced changes to restrictions. These restrictions come into force at midnight tonight (14 October).

!Sandwell is in Tier 2 of the government's restrictions meaning we have a HIGH alert level.!




The main rules you MUST follow are:

-  You must not socialise with anybody outside of your household or support bubble indoors, whether at home or in a public place
-  You must not socialise in a group of more than 6 outside, including in a garden or park

[Details of the new restrictions are on the government website](#)

### Remember the basics

We need to do whatever we can to protect each other from COVID-19.

-  Wash your hands
-  Cover your face
-  Make space



These are the three most effective ways to control the spread of the virus.

[Book a test](#) and [instructions on how to self-isolate](#)

---

## Please remember, you are not alone

We want to thank everyone who is following the rules. We know the pandemic and all its consequences to health, employment and our day-to-day lives can cause a lot of stress.

The Council, Public Health, Sandwell and West Birmingham NHS Trust, West Midlands Police and local community and faith groups are here to support you and your families during this difficult time. [Get support and help during the pandemic](#)



---

## Keeping you safe in Sandwell

Following the government's call for councils to provide town centre COVID-19 marshals, we have teamed up with West Midlands Police community support officers.



Our marshals will go out and about to talk to people, focusing on Sandwell's six towns, focusing on the High Streets and busiest areas.

[Watch our video and see our COVID marshals in action](#)

---



## Test and trace support payment

If you are told to self-isolate, you must not leave your home.

Get shopping delivered to your door

⊗ Exercise at home

In some cases, if you are required by law to self-isolate, you may be eligible for a payment of £500.

[Information and how to apply for the test and trace support payment](#)



## The NHS can deal with more than COVID-19

The NHS is still there to help you. You can still contact your doctor, [111 online](#) or call 111 for help.

It's really important you seek help with all medical conditions as soon as you notice an issue.

If you need medical attention, please don't delay. Hospital appointments, diagnostic tests and surgical procedures are being carried out safely and if you need to stay in hospital, you will be well cared for. Your local NHS organisations have thorough safety procedures in place to minimise the risk of transmission of coronavirus, so please attend your appointment.

[Get in touch with the NHS](#)

## Protect your mental health - Ease the load

Sleeplessness.

☹️Mood or appetite changes.

Problems thinking.

🧑🏻‍🦯Feeling disconnected.

☹️Just not feeling right.

So many of us will experience these things in our lives. But you can ease the load by reaching out for free and confidential help.

[Sandwell Ease the load webpage](#)



### Stay healthy

[Healthy Sandwell has advice and support](#) to help improve your health through diet and exercise as well as support to quit smoking and more.

Improving your general health can also help improve your mental health.