

Covid-19 Update

19 October 2020

The UK government has announced a new Tier System based on local infection rates to contain the spread of Covid-19 across England. Regions in England are categorised according to three levels – medium (Tier 1), high (Tier 2) or very high (Tier 3) and different restrictions apply at each tier level. Northern Ireland, Wales and Scotland have also introduced local restrictions. Although aiming to be aligned as much as possible to each other, local tier restrictions across the 4 nations may vary. A useful map with regular updates on local restrictions can be accessed on the [UK Parliament website](#) and level of alerts based on postcodes on the [UK Government website](#).

Clinicians who can provide a fully COVID secure environment, once the needs of their patients and their own personal circumstances have been assessed, are not prevented to do so by the current tier system. However, restrictions placed on areas with a very high level of infections can vary. We recommend registrants regularly check the tier level of their local area and the specific restrictions that may apply. To ensure your consulting room is COVID secure, please refer to our [FAQs](#).

The Tier System in England

Tier 1, Medium:

- There are no changes to national restrictions already in place, therefore, businesses and venues can continue to operate, in a COVID-secure manner.

Tier 2, High:

- Businesses and venues can continue to operate, in a COVID-secure manner, but it is not possible to socialise indoor with anybody outside of your household or support bubble.

Tier 3, Very High:

- Restrictions placed on areas with a very high level of infections can vary and are based on discussions between central and local government. However, it is not possible to socialise with anybody you do not live with or have formed a support bubble with, in any indoor setting or private outdoor setting. Certain businesses, such as pubs and bars, must close.
- Travelling outside the very high alert level or entering a very high alert level area, other than for work or education, should be avoided.

A comprehensive explanation of the restrictions applying in each tier in England is available at [Local COVID alert levels: what you need to know](#). Information about COVID restrictions in Scotland, NI and Wales can be accessed below:

[Scotland Coronavirus Measures](#)

[Wales Coronavirus Measures](#)

[Northern Ireland Coronavirus Measures](#)

*The latest UK government advice is to work from home wherever possible and we strongly advise all practitioners to check with your insurance provider.