

# STAY AT HOME

# PROTECT YOUR FAMILY

# PROTECT LUTON

# Luton

Dear Householder

**Important Covid-19 update  
From Luton Council**

06 November 2020

**STAY AT HOME ▶ PROTECT YOUR FAMILY ▶ PROTECT LUTON**

Dear Householder,

Cases of Covid-19 are rising sharply in Luton which has led to increased hospital admissions and very tragically some more deaths in our community.

**We can get through this but we need everyone to play their part and follow new government rules and stay at home. You are only allowed to go out:**

- for education or work (if you can't work from home)
- to exercise outdoors; or to shop for food and essentials
- for medical reasons, appointments or to escape injury and harm
- to provide care for vulnerable people, or as a volunteer.

Support and childcare bubbles still apply. Detailed rules at [www.luton.gov.uk/coronavirus](http://www.luton.gov.uk/coronavirus)

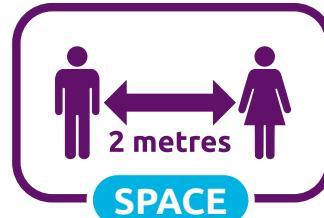
Clinically extremely vulnerable residents who were previously shielding have been written to. If you fall into this category and need support visit [www.luton.gov.uk/self-isolation-support](http://www.luton.gov.uk/self-isolation-support) or call the Covid-19 Community Team on **01582 548955** (9am-5pm weekdays, except Wed 10am-5pm).

We know that these are difficult times for everyone, if you've been struggling with your emotional or physical health, call NHS 111 and select option 2 or call Total Wellbeing Luton on **0300 555 4152**.

**The most important action we can all take is to stay at home, to protect our families, friends, communities, the NHS and save lives.**

Hazel Simmons MBE,  
Leader of Luton Council,

Lucy Hubber,  
Director of Public Health (Interim)



**Cases of Covid-19 are rising. To protect your loved ones and the community, new government rules mean you must stay at home, only leaving the house for permitted reasons. The full guidelines are at [www.luton.gov.uk/coronavirus](http://www.luton.gov.uk/coronavirus)**

#### Bengali

কোভিড-19-এর কেস বেড়ে উল্লেখ আপনার প্রিয়জন এবং কমিউনিটিকে সুরক্ষিত রাখতে নতুন সরকারী আইন অনুসারে আপনাকে অবশ্যই বাড়িতে থাকতে শব্দ, শুধুমাত্র অনুমতিত কানানগুলির জন্যই বাড়ি থেকে বেরোবেন। সম্পূর্ণ নির্দেশিকা রয়েছে [www.luton.gov.uk/coronavirus](http://www.luton.gov.uk/coronavirus)-তে

#### Gujarati

કોવિડ-19ના કેસ વધી રહ્યા છે. આપના પ્રિયજનો અને સમૃદ્ધાયનું રક્ષણ કરવા માટે નવા સરકારી નિયમોનો અર્થ એ થાય છે કે, આપે ધરે જ રહેવું જોઈએ અને મંજૂરીપ્રાપ્ત કારણોસર જ ધરની બહાર નીકળવું જોઈએ. [www.luton.gov.uk/coronavirus](http://www.luton.gov.uk/coronavirus) પર સંપૂર્ણ માર્ગદર્શન પૂરું પાડવામાં આવ્યું છે.

#### Polish

Zarażenie Covid-19 jest coraz więcej. Aby chronić najbliższe osoby i wszystkich innych, nowe zasady wprowadzone przez rząd oznaczają, że musisz pozostawać w domu i wychodzić tylko w dozwolonych przypadkach. Pełne wytyczne znajdują się tutaj: [www.luton.gov.uk/coronavirus](http://www.luton.gov.uk/coronavirus)

#### Punjabi

ਕੋਵਿਡ-19 ਦੇ ਕੇਸ ਵੱਧ ਰਹੇ ਹਨ। ਆਪਣੇ ਪਿਆਰਿਆਂ ਅਤੇ ਸਮੁੱਦਾਇ ਨੂੰ ਬਚਾਉਣ ਵਾਸਤੇ, ਨਵੇਂ ਸਰਕਾਰੀ ਨਿਯਮਾਂ ਦਾ ਮਤਲਬ ਹੈ ਕਿ ਤੁਹਾਨੂੰ ਆਪਣੇ ਘਰ ਵਿੱਚ ਹੀ ਰਹਿਣਾ ਚਾਹੀਦਾ ਹੈ, ਅਤੇ ਸਿਰਫ ਇਜਾਜ਼ਤ ਯੋਗ ਕੰਸ਼ਨ ਲਈ ਹੀ ਬਾਹਰ ਜਾਣਾ ਚਾਹੀਦਾ ਹੈ। ਪੂਰੇ ਦਿਸ਼ਾ-ਨਿਰਦੇਸ਼ [www.luton.gov.uk/coronavirus](http://www.luton.gov.uk/coronavirus) ਤੋਂ ਦਿੱਤੇ ਗਏ ਹਨ।

#### Romanian

Cazurile de Covid-19 sunt în creștere. Pentru a-i proteja pe cei dragi și comunitatea, noile măsuri guvernamentale vă impun să stați în casă și să ieșiți din casă doar pentru motive permise. Instrucțiunile complete se găsesc pe [www.luton.gov.uk/coronavirus](http://www.luton.gov.uk/coronavirus)

#### Urdu

کووڈ-19 کے معاملے بڑھ رہے ہیں۔ اپنے عزیزوں اور معاشرہ کی حفاظت کے لیے، حکومت کے نئے ضابطوں کا مطلب ہے کہ آپ گھر پر رہیں اور صرف اجازت شدہ اسباب کی بنیاد پر بی گھر سے باہر نکلیں۔ مکمل رہنمایا بیانات کے لیے دیکھیں [www.luton.gov.uk/coronavirus](http://www.luton.gov.uk/coronavirus)

### IF YOU HAVE SYMPTOMS OF CORONAVIRUS



Persistent Cough



High temperature



Loss of taste or smell



Book a test immediately at [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) or call 119