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Marking Remembrance Sunday during lockdown

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Coronavirus update

Marking Remembrance Sunday during lockdown

Remembrance Sunday is approaching and gives us an opportunity to commemorate the contribution of British and Commonwealth military and civilian servicemen and women involved in the two World Wars and later conflicts.

We will remember them.

We understand how important it is to remember the brave men and women who contributed to the war effort and who, in many cases, lost their lives in the process.

We encourage people to mark the day and pay tribute, but this year we may need to do this slightly differently. New national restrictions will be introduced from Thursday 5th November, which require people to stay at home except for specific reasons.

Other ways to mark Remembrance Sunday.



While you cannot gather at public events, the Remembrance Sunday service at the Cenotaph in London will be broadcast nationwide on BBC One, Sky and ITV and people can pay their respects by joining the two minute silence at 11am.

HM Lord-Lieutenant of Bedfordshire Helen Nellis and her team have also produced an online service which can be viewed on YouTube. The link to view the service over the Remembrance Sunday weekend will be available on the [Lord-Lieutenant's website](#).

The Royal British Legion has shared some more ideas about how you can mark Remembrance Sunday at home. As well as the ideas we've listed below, there are more on their [website](#):

- Have a small Remembrance service in your garden with your household or support bubble
- Create a small Remembrance space in your garden by planting plants that have a connection to Remembrance
- Write letters of Remembrance to veterans or serving personnel
- Create your own Remembrance art piece to display in your window

Minimise time spent outside your home.

The Government have stipulated that you should minimise time spent outside your home. Ensure that you are two metres apart from anyone not in your household or support bubble.

When you do have to be around other people, when at the supermarket for example, remember the Government's 'Hands. Face. Space' advice:

- hands – wash your hands regularly and for 20 seconds
- face – wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet

- space – stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings or increasing ventilation indoors)

Please note that this advice is correct as of the date of distribution (3rd November). However, to ensure you are up to date with the latest Government guidance, please visit the COVID-19 pages on [gov.uk](https://www.gov.uk).

COVID-19 health advice

Get a free NHS test today to check if you have coronavirus

Anyone with coronavirus symptoms can get a test.

Coronavirus symptoms are:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

You can get a test for someone you live with if they have these symptoms. Do not get tests for people you live with who do not have these symptoms.

Stay at home if you have symptoms

If you are getting a test because you have symptoms, you and anyone you live with must stay at home until you get your result.

Anyone in your support bubble must also stay at home.

Get a test

Have you downloaded the NHS COVID-19 App?

The app is available for smartphones only - not tablets, smartwatches or other devices.

To get started, go to [Android's Google Play](https://play.google.com/store/apps/details?id=uk.nhs.uk.nhs.uk) or [Apple's App Store](https://apps.apple.com/uk/app/nhs-covid-19-app/id1533836714) and search for "NHS Covid-19".

The handsets must have Android 6.0 (released in 2015) or iOS 13.5 (released in May 2020) and Bluetooth 4.0 or higher. That excludes the iPhone 6 and older versions of Apple's handsets.

Further information is available on the [NHS website](https://www.nhs.uk). This also gives information on how to report an issue or if you have any questions about this product.



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