

Under the new restrictions:

People will be told to stay at home except for specific reasons

These include work which cannot be done from home, childcare or education, exercise outdoors, medical reasons, essential shopping, providing care for vulnerable people or for volunteering, and visiting members of your support bubble

Meeting indoors or in private gardens will not be allowed, but individuals can meet one other person from another household outside in a public place.

Non-essential retail will close, but can remain open for click-and-collect delivery.

Pubs, bars, restaurants will have to close, but can still provide takeaway and delivery, excluding takeaway of alcohol

Indoor and outdoor leisure facilities, such as gyms and swimming pools, will also close, along with entertainment venues and personal care facilities such as beauty salons.

Places of worship will close, unless they are being used for funerals, to broadcast acts of worship, individual prayer, formal childcare, or essential services such as blood donation or food banks.

Construction sites and manufacturing workplaces can remain open.

Weddings and civil partnership ceremonies will not be able to take place except in exceptional circumstances, and funerals will be limited to a maximum of 30 people.

Children will still be able to move between homes if their parents are separated.

Clinically vulnerable people will be asked to be "especially careful" but people will not be asked to resume shielding.

Overnight stays, staying in a second home, and holidays will not be allowed - including in the UK and abroad - although there are exceptions, such as work trips.

People will be told to avoid all non-essential travel by private or public transport.