

National restrictions: What you need to know

The Government has updated its guidance on [what you can and cannot do](#) during this current national lockdown and is emphasising that the single most important action we can all take is to stay at home and stay local when leaving the house for permitted reasons.

[Travel advice has also been updated](#) to reflect that from 15 January, those who intend to travel to England or Scotland, including UK nationals returning home from abroad, must now provide evidence of a negative Covid-19 test result taken up to 3 days before departure.

Business support packages during latest lockdown

The Government has published [updated guidance for local authorities](#) on paying grants to support businesses during the new lockdown period which started on 5 January and became effective in law on 6 January 2021.

A new 19-page document outlining details of a [Business Support Package for the January 2021 Lockdown](#) has also been published.

Latest transport usage figures

The Department for Transport has published its latest [transport usage figures](#) showing that motor transport usage has reduced to figures last seen in May, at around 60% of pre-pandemic levels.

The recent 'stay at home' order has seen public transport usage levels plummet with national rail and London Underground running at around 15% of normal passenger levels.