

And if we let the lines on those graphs grow in the way they could and in the way they're projected to grow, then the risk is that for the first time in our lives, the NHS will not be there for us and for our families

And even if I could now double capacity overnight – and obviously I am proud that we have massively increased capacity, we do have the Nightingales, we've got 13,000 more nurses now than last year, we have many more doctors – but it still would not be enough, because the virus is doubling faster than we could conceivably add capacity

And so now is the time to take action because there is no alternative.

From Thursday until the start of December, you must stay at home.

You may only leave home for specific reasons, including:

For education; For work, say if you cannot work from home; For exercise and recreation outdoors, with your household or on your own with one person from another household; For medical reasons, appointments and to escape injury or harm; To shop for food and essentials; And to provide care for vulnerable people, or as a volunteer.

I'm afraid non-essential shops, leisure and entertainment venues will all be closed – though click and collect services can continue and essential shops will remain open, so there is no need to stock up.

Pubs, bars, restaurants must close except for takeaway and delivery services.

Workplaces should stay open where people can't work from home – for example in the construction or manufacturing sectors.

Single adult households can still form exclusive support bubbles with one other household, and children will still be able to move between homes if their parents are separated.

If you are clinically vulnerable, or over the age of 60, you should be especially careful to follow the rules and minimise your contacts with others.

I know how tough shielding was, and we will not ask people to shield again in the same way again. However we are asking those who are clinically extremely vulnerable to minimise their contact with others, and not to go to work if they are unable to work from home.

I am under no illusions about how difficult this will be for businesses which have already had to endure hardship this year. I am truly, truly sorry for that.

This is why we are also going to extend the furlough system through November. The furlough scheme was a success in the spring. It supported people and businesses in a critical time. We will not end it. We will extend it until December.

There will be some differences compared to March.