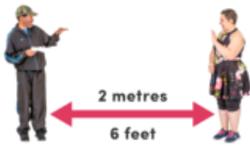




Social Distancing

updated 13/072020



To **keep** everyone **well** at the moment we need to **keep 2 meters from people** outside our household.



You can meet up to **6 people outside** in a **public place or garden**. You need to be **2 meters apart from each other** unless you live in the same house.



You can **meet people** from **one other household** in your home. Try to **stay 2 m apart** if you can.



Make sure you keep washing your hands.



Café's Pubs ,hairdressers, all shops and many other businesses are open again.



-If you can't always stay 2m apart from people you need to :



-Keep **washing** your **hands** or **use hand sanitizer gel**.

-**Wear a face covering** if you can.



A face covering can be a scarf or homemade mask.



Avoid using buses and trains if you can.



From the 15th June you must wear a face covering when on a bus or Train



Many people can now go back to work.

You may need to wear a mask at work and will need to try and stay 2m from people.

Phone your boss if you are not sure what to do.



You can go to the shops now. But try to stand a few steps away from other people.

From the 24th July you will need to wear a face covering in shops.



Cinema's can now open but you will need to social distance while at the cinema.



Pubs, café's and restaurants are open, they will have less tables.



- You will have to leave your phone number in case someone becomes ill ,who has been to the café/ pub/ or restaurant.

-Service will be at the table



Meetings and Groups are still cancelled. But some may meet online.

If you have a:

-A constant cough

-A temperature

-or you cannot smell or taste things, or they taste /smell different.



Stay at home for 10 days if you live alone



If you live with other people you have to stay at home for 10 days.



If you are well after 7 days you can go out again.



If someone you live with is ill you will need to stay at home for 14 days as it may take this long for you to become ill.



If you are feeling very ill go to 111.co.uk on a computer or call 111.