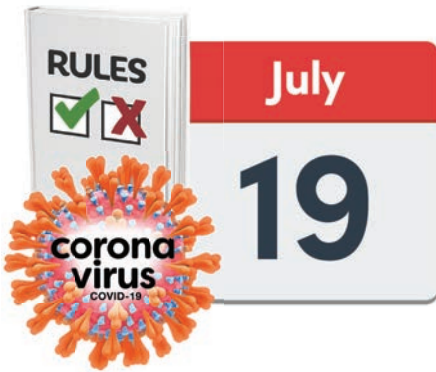




Coronavirus rules from Monday 19 July 2021



The rules in England for keeping people safe from coronavirus have changed.



We are on step 4 of the government's roadmap.



The roadmap tells you how we will move from lockdown to getting back to normal. Step 4 is the last step in the roadmap.



Most of the rules we had about coronavirus stopped on the 19 July.



There are no more rules about where you can go and how many people you can meet.



But, a lot of people are now getting coronavirus. You still need to be careful.



You might still want to follow some of the old rules to keep safe from coronavirus.

It is ok if you want to do these things to stay safe.



Here are the changes to the rules.

Social distancing



You do not have to stay 1 metre away from people you do not live with anymore. People can be close together.



It is still best to keep your distance from people you do not live with.

Some places will keep the 1 metre rule:



- in hospitals



- in airports

Wearing a face covering



The law says you do not have to wear a face covering anymore.



It is still a good idea to wear a face covering in crowded places like:

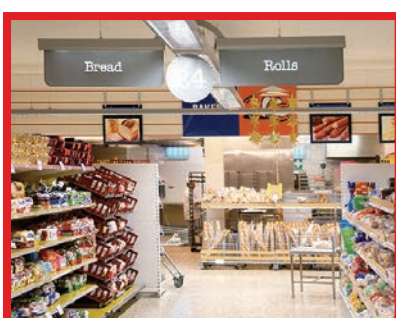
- on buses and trains



- in shops and supermarkets



- where you are close to lots of people you do not know



Some places like supermarkets might still ask you to wear a face covering if you can.

Meeting people inside and outside



You can meet with as many people as you like inside and outside.



All of the people can be from different households.



This includes meeting in your home and all of the other places that are open.



You can visit friends and family in care homes.



When you are meeting other people it is still a good idea to:

- meet outside in the fresh air if you can



- open your windows or a door at home to let fresh air in



- meet with just a few people at a time if you can

Weddings and funerals



There are no rules on how many people can go to:

- a funeral
- a wedding
- an event to remember someone



Work



The law says you do not have to work from home now, even if you can.



Your boss might ask you to come back to into work.

Places you can go to

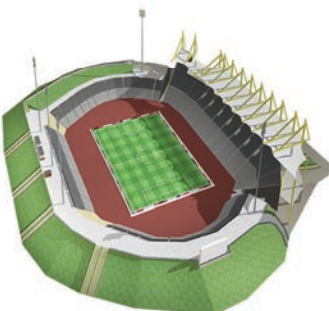
All places are allowed to open now. This includes:



- Nightclubs



- Concerts and festivals can have as many people as they want



- Sport stadiums can have as many people as they want as well



In a restaurant or cafe you do not always have to order food and drink at a table anymore. You can order food and drink at the counter or bar.

Travel



There are still some rules for when you travel abroad. These rules keep changing.



Look at the government's website for more information:

<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>

Rules you must still follow



There are some rules you still need to follow from 19 July.

Rules for testing

You must do a test for coronavirus if:

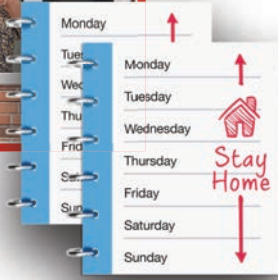
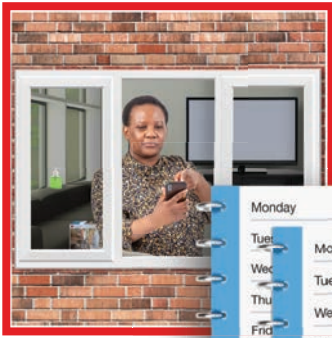


- you have symptoms of coronavirus

or



- your school or work ask you to



Rules for self isolating

Self isolating means you must stay at home for 10 days. You must not go out for any reason.



Self isolating helps to stop Coronavirus from spreading.



You must self isolate if:

- you have been near someone who has coronavirus
- you have been contacted by Test and Trace
- you have done a test for coronavirus and it was positive



Hands, face, space, fresh air



It is still really important to remember:



Hands. Wash your hands

Face. Do not touch your face

Space. Keep your distance from people



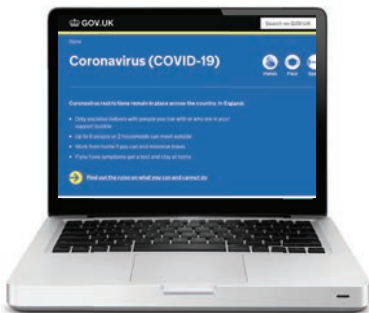
Fresh air. Meet people in the fresh air if you can. Or, open a window or door to let fresh air in.



If you are not sure what to do, talk to:



- a friend or family member
- your support worker



There is more information on the government's **website**:
www.gov.uk/coronavirus



Thank you to Healthwatch Wakefield for letting us copy and use this leaflet.

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