

THE RISK OF COVID-19 IS GOING DOWN AND SOCIAL DISTANCING IS BEING RELAXED

If you do go out, you should stay alert, maintain social distance and avoid gatherings of any size.

PLUS:

- ✔ Wear a face covering on public transport, in shops, hospital visits and GP appointments if required by your surgery or in confined spaces
- ✔ Meet outdoors
- ✔ Wash hands regularly with soap and water or hand sanitiser

GUIDANCE FOR VULNERABLE PEOPLE AND THOSE SHIELDING OR SELF-ISOLATING

If you are shielding, from 6 July:

- ✔ You can meet in a group of up to 6 people outdoors, including people from different households, while maintaining strict social distancing
- ✔ You can form a 'support bubble' with one other household
- ✔ All those in a support bubble will be able to spend time together inside each other's homes, including overnight, without needing to socially distance

From 1 August, shielding will be paused – but you must adopt strict social distancing so you can:

- ✔ Go to work, if you cannot work from home, as long as the business is COVID-safe
- ✔ Go outside to buy food, to places of worship and for exercise but you should maintain strict social distancing
- ✔ Remain cautious as you are still at risk of severe illness if you catch coronavirus
- ✔ Stay at home where possible and if you do go out, follow strict social distancing

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