



Hello!

This guide is about changes to the lockdown rules.



We will be talking about things we have explained in some of our other guides.

For example:

- Households
- Support bubbles
- Social distancing



If you can't remember what they mean, it might be helpful to look back at our other guides.

If you don't have them, you can see them on our Face Book page.



If you need help to find them you could ask someone to help you.













You could ask:

A family member

Your support worker

A friend or neighbour

Or someone else you trust.

 	<p>The new lock down rules start from 4th July in England.</p> <p>What are the new things I can do?</p>
 	<p>Two households can meet up in any location:</p> <ul style="list-style-type: none"> - In public or in private. - Indoors or outdoors. <p>Your support bubble counts as one household.</p>
    	<p>You can meet different households at different times.</p> <p>This is as long as no more than two households are meeting at one time.</p>
	<p>The social distancing rule has changed too</p> <p>What is the new social distancing rule?</p> <p>The Government has changed the social distancing rule from 2 metres to '1 metre plus' .</p>
 	<p>What does '1 metre plus mean?</p> <p>It means keeping at least one metre away from other people, when it is not possible to be 2 metres away.</p>



The **'plus' part** means if you can, you should try to **take other steps to stay safe** when you are only 1 metre apart.



For example:

- standing side by side instead of face to face,
- Wearing a face covering if you have one,
- Meeting outside if you can,
- Remembering to wash your hands regularly.



1 metre is about the same as the width of a doorway.

It is important to remember to stay socially distanced from anyone who is not in your household or in your support bubble.



When you are **outside** you can **meet in groups of up to six people from different households.**

You need to socially distance from each other.



What other things are changing?

Lots of **places** are opening again from 4th July 2020.

Some examples are:

- Restaurants and cafes
- Pubs
- Cinemas
- Hotels and campsites.
- Hairdressers
- Some libraries
- Places of worship e.g churches or mosques.

Some places are staying closed.



What else has changed?

You can **stay overnight** somewhere that is not your own home with anyone from your own household or support bubble.

You can also stay overnight with anyone from one other household.



Are there things I still can't do?

Yes there are still rules about what you can't do. For example:

- You can't meet in groups of more than 30 people.
- You can't meet indoors with groups of people who are from more than two households. That includes if you want to meet people in a restaurant, cafe or pub.

	<p>- You can't meet outdoors in a group of more than six people if they are from different households.</p> <p>Groups of more than 6 people can only meet if they are only from two households.</p>
	<p>- If you go out in a group, for example to a pub or church, you should only talk to the people in your group.</p> <p>You should not talk to other people who are there even if you know them.</p> <p>This is because Coronavirus can be spread by the drops of saliva in your mouth even though you can't see them.</p> <p>If you do see people you know you can always wave instead!</p>
	<p>Any other changes?</p> <p>Yes, the Government says:</p> <ul style="list-style-type: none"> - You can't have a party or go to a party where it would be hard to stay one or two metres apart from other people. - You can't stay overnight away from your house with members of more than one other household.



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What can I do to help keep myself and other people safe?

You can:

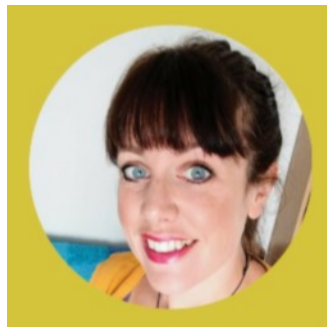
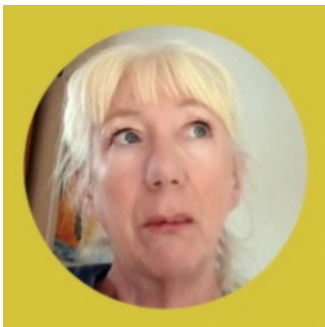
- Wash your hands often for 20 seconds with soap and water
- If you meet people inside stand side by side instead of face to face.
- Don't sing or shout. This can spread Coronavirus.
- Clean surfaces in your house with disinfectant after you have had visitors.



The new guidelines might be confusing. If you need some help understanding them you could ask:

- A member of your family
- Your PA
- A friend
- Or someone else you trust.

Who would you ask?



Stay safe and see you soon,
From all of us at Cornwall People First.

(This guide has been designed using resources from Freepik.com and Photosymbols.)