



Step 4 Lockdown Changes

On July 19th 2021 the lockdown rules for England will change.

This is Step 4 of the government's 4 Step Plan out of lockdown.



What's Changing?

Most of the lockdown rules will end.

This means that we **no longer have to:**

- Wear a face covering
- Socially distance
- Stick to the Rule of 6 indoors
- Limit how many people can meet up, indoors or outdoors.
- Work from home



Does that mean I can get rid of my face covering?

No, not just yet.

We're being asked to decide for ourselves when to wear one.

You may decide you feel safer with a face covering and want to keep wearing it.

You will still need to wear a face covering in many places.

For example on busy public transport or other busy indoor places.



If you've been exempt from wearing a face covering then it's a good idea to keep your exemption badge with you for a while.



Isn't Coronavirus still spreading?
Yes it is, and the government have told us that there will be more cases over the next few months.

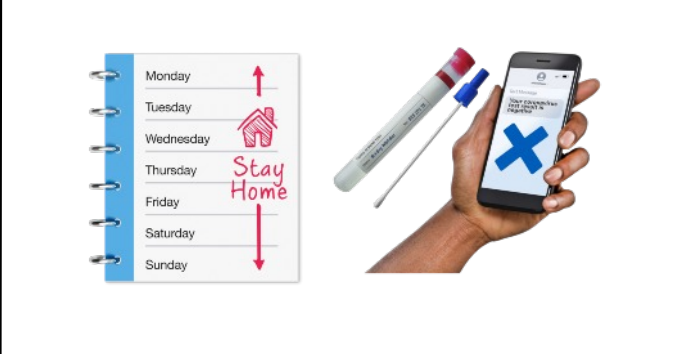


What can I do to stay safe?

- You can meet up outside as much as possible.
- If you meet people indoors, open the windows and let fresh air in.
- Keep some distance from people if you can.
- Wash your hands often.
- Get both Coronavirus vaccines if you can.
- Self isolate if Test and Trace contact you.



If you feel unwell and think you may have Coronavirus symptoms call 119 for a test.
Stay home until you get a negative test result back.



If you get a positive test result then self isolate for 10 days from the first day of your symptoms.
Self isolation means staying home and keeping away from people outside of your household.



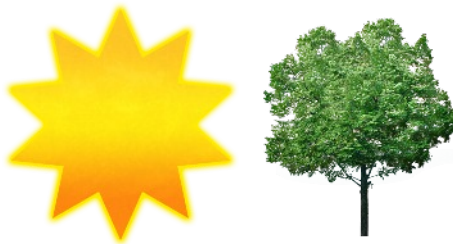
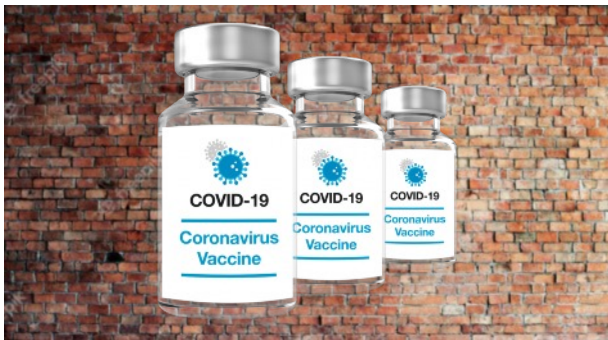
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Can I invite lots of friends over to my house now?

You're allowed to but it's not recommended at the moment.

If you'd like to meet in a big group then meet outside if you can.



Why are the rules changing now when the virus is spreading?

The government have said that the vaccines create a wall of protection against the virus.

This means that the people who have been vaccinated will help to stop the virus spreading.

The warm weather over the summer will help and people can meet outside more.



Will I need to show any proof that I've had my vaccines?

Yes, some places may want to see a **Covid Pass** before they let you in.

A Covid Pass will show that you won't catch the virus because you've been vaccinated.

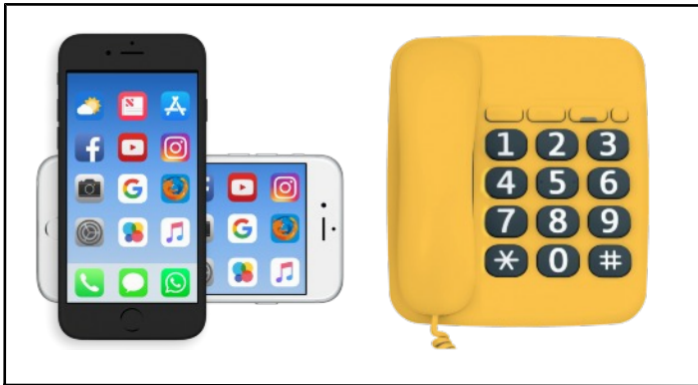
You can get a Covid Pass two weeks after your second vaccine.



How do I get one?

You can get a Covid pass:

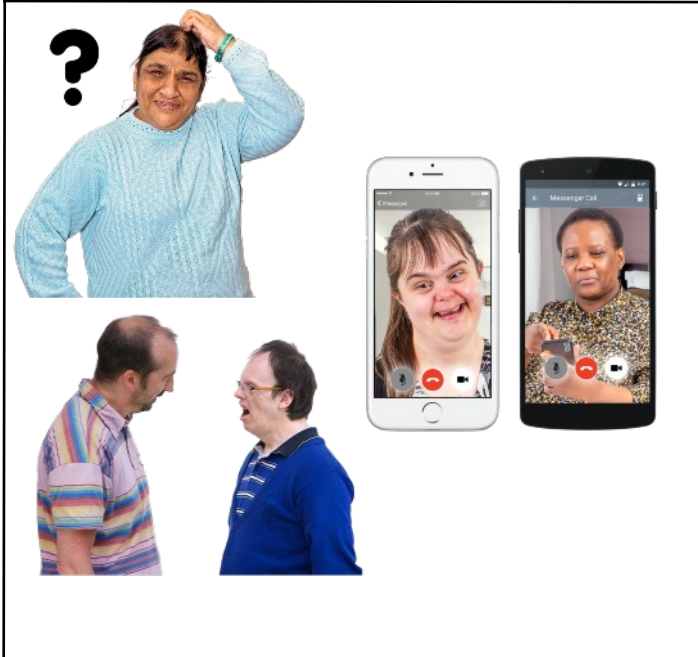
- As a letter
- On the NHS App



You will need a smartphone to get the NHS App.

If you don't have one, or if you'd prefer, you can ask for a letter.

To get a letter you need to **call 119**.

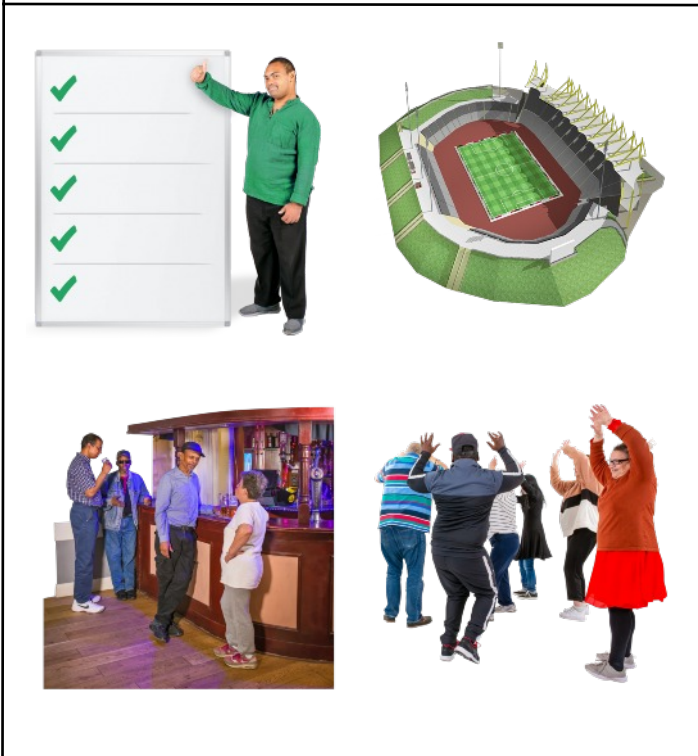


If you need help to get a Covid Pass or to understand anything in this guide, you can talk to someone you trust.

You could ask:

- A support worker
- A family member
- A friend

Who could you ask?



What else is changing?

- You can queue at the bar in pubs, cafes or restaurants.
- Cinemas and theatres can fill all their seats again.
- Sports and events can have a full crowd.
- Nightclubs can reopen.



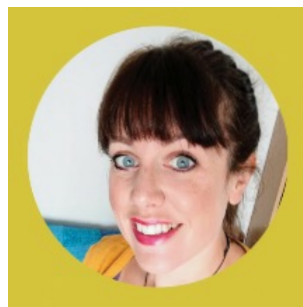
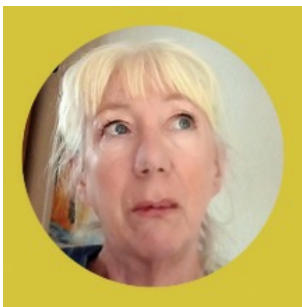
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Is there anything else I need to know?

The rules are changing but we're being asked to be careful over the next few months.

This means we need to take it slowly as we get back to normal.



Take care and stay safe,

From all of us at CPF

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