



## **Staying safe outside your home - What you can do**

According to the government's coronavirus guidance people are now able to leave their homes but will still need to take care for their own safety and others. You are advised to do the following.

### **Health and safety**

1. Wash your hands with soap and water often and dry thoroughly. If it is available, use sanitizer outside your home, especially when you enter a building and after touching a surface. Do not touch your face.
2. The virus is less likely to be passed on in well-ventilated indoor buildings, so keep windows and doors open when you are with people from another household and use extractor fans at a high setting.

### **Meeting up with others**

1. You should avoid crowds wherever possible. Keep space between you and people you do not live with, 2 metres (6 feet or about the length of a double bed) when you can. The closer you are to another person, the greater the risk of infection.
2. People can visit your home and you can visit theirs, forming two households. You should still make space of 2 metres between you and the people you do not live with.
3. You can meet six people outside or more if they are not part of your household.

4. Do not face someone who you do not live with, instead stay side-to-side. Do not shout or sing near people outside of your home. This decreases the risk of infection.

### **Staying overnight in someone else's home**

You can stay at someone else's home, but you must make space between you and people you do not live with, wash your hands and surfaces regularly and use a different bathroom. You can only stay overnight in groups of two households - so if you are staying overnight in someone's home, you can only do so with the people you live with (your household) and their household.

### **Looking after grandchildren**

You can spend time with your grandchildren. If they live with you, you can touch them. If they do not live with you there must be space between you and them.

### **Public transport**

Try and avoid using public transport and instead drive, cycle, or walk if you can. If you must use public transport, try and avoid busy hours. If you use public transport or a taxi, you must cover your face (though certain people are exempt if they have a health condition or disability that makes wearing one difficult).

### **Driving**

You can be in the same car as people you live with. You should avoid sharing a car with someone who does not live with you. If you need to share a car, you should open the windows and make space between them and others in the car.

### **Wearing a face covering in public**

You must cover your mouth and nose in public with a face covering: on public transport, and in shops, supermarkets, indoor shopping centres, banks, building societies, post offices, hospital, and indoor transport hubs. Certain people are exempt if they have a health condition or disability that makes wearing a face covering difficult. Wash your hands before putting on your face covering and taking it off.

## **Working**

1. Work from home if you can.
2. If you must go to work outside of your home, reduce the number of people you meet at work. Wash your clothes frequently and only change clothes at work if there is a high risk of infection or if there are vulnerable people. Avoid a crowd in a changing room.
3. When you are at work or in a business or in public premises, follow the advice they have there.

## **Travelling**

1. You can go on a day trip to outdoor open spaces, but you must make space between you and other visitors.
2. You can go away on holiday and stay overnight in a second home, hotel, bed and breakfast or campsite. You can only go with your household and one other household and you must make space between you and people you do not live with. Wash your hands and surfaces frequently and avoid using shared facilities if possible.

## **Places of worship**

Places of worship are open for services and communal prayer. You can go there and pray. You must stay 2 metres apart from people you do not live with.

## **Visiting a pub or restaurant with people you do not live with**

You can go to a restaurant with people who you do not live with (or who are not in your social bubble), but you must make space. The same rules on group sizes apply: two households indoors or six people outdoors if they are from different households.

For more information please refer to the Government guidance on coronavirus

<https://www.gov.uk/coronavirus>

## **Help control the virus:**

Wash hands - keep washing regularly

Cover face - cover your nose and mouth

Make space - stay two metres away from people who you do not live with

If you are feeling unwell, get a test and do not leave home for at least 10 days.

For more information please refer to the Government guidance on coronavirus

<https://www.gov.uk/coronavirus>