

Weekly News 16th July 2021

Daily News and Keeping Well Tips



Inclusion North will give you the Government's big messages here.

Monday 19th July 2021



Most of the Coronavirus rules are ending on Monday 19th July 2021.



But we know that the number of people getting Coronavirus is going up. So you might want to decide for yourself what you want to do to keep yourself and other people safe.

Some things to think about are



- How close should I get to someone else? Do I still want to do social distancing?



- Is it at least 14 days since I had my vaccine? Have I had both doses of the vaccine? Both are important to keep you safe.



- Are people in my community or area getting Coronavirus?



- Am I remembering to wash my hands often and not to touch my face?



- Is it better to meet friends outside?



- Should I keep my windows open to keep fresh air coming in?

NHS Covid 19 App

You can still download the NHS Covid 19 app on your phone – this will give you local information.



You can use the app to sign in when you go to different places. This helps to let you know if you have been in contact with someone who has Coronavirus.



Wellbeing Tips

If you can, plan a trip to the seaside or somewhere else you enjoy going to – treat yourself to fish and chips or a healthy option – a crab salad will do nicely!



You can find out about which beaches are accessible by looking on the internet – search for accessible beaches in the UK

