

25th June 2021

Weekly News and Keeping Well Tips

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

Lockdown Rules:

Things will stay as they are up until the **19th July.**



New cases of Coronavirus are still going up.

Keep yourself safe.

Wash your hands

Cover your face

Keep your distance



Travelling outside of the UK:

The government have added more countries to the 'green' list if people want to travel abroad.

People will have more choice on where they can go.

Remember there are a lot of rules around testing for Coronavirus if you leave the country.





Who can get vaccinated

The Government has now said everyone 18 and over can book for their vaccine.



You can go on-line to book if no one has contacted you or telephone 119.



Keeping well tips:

Watch something funny on TV

Connect with friends and family

Plan something you will enjoy

Take a walk out in the sunshine or the rain it will make you feel good

