

Weekly News and Keeping Well Tip



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



Going to the shops

People who go to shops will have to wear a face covering from Friday 24th July.



Some people with a disability do not have to wear a face covering.

Travelling on buses, trains, in taxis or cars



People who travel on buses, trains and in taxis have to wear a face covering.

Some people with a disability do not have to wear a face covering.



You should try not to travel in a car with people you do not live with.

Visiting people living in a care home

You can now visit people who are living in a care home.

You must check with the care home first.

They will tell you what they are doing to make your visit safe.

They might ask you to only visit at a certain time or to use a certain room when you visit your family member.





Meeting people who do not live with you

You can meet up in a group of 6 people who do not live together in an outdoor space like a park.



The people who live in your house can also meet up with people who live together in another house.

You can meet them in your house, you can go to their house.

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You can meet them outside in places like parks, or inside in places like restaurants, pubs and cafes.

You can also stay overnight at each others house.



You can change which house of people you meet up with.

The important thing is that the people you live with, only meet up with people from one other house at once.

People in a support bubble

Some people have a support bubble because they are alone or are on the shielding list.

If you are on the shielding list and live on your own or with children under 18 years of age you can be part of a support bubble with one other person who lives alone or with children under 18 years of age.



This means you can go to each others house and you can stay overnight.

You cannot change the people in your support bubble.



1st August Changes

People who are shielding can stop on 1st August.

People who have been working from home might start to talk to their managers about going back to the place they work if it is safe.



Places that are staying closed for now

Nightclubs, dance halls and discos, and indoor play areas are staying closed.

Theatres and Conference Venues are staying closed.



Local Lockdowns

If an area of the country gets lots of new people catching the coronavirus then they will lockdown that area.

This might be a town or an area of the country.

The rules will change in that area if this happens.



Keeping well and staying safe

Social Distancing is the most important keeping well tip.

In all of the government's rules it tells you to

- Wash your hands more often
- Stay 2 metres apart from other people where you can
- If you cannot stay two metres apart from other people you should stay at least one metre apart from other people



This helps people to stay safe and well

