

9th July 2021 Weekly News

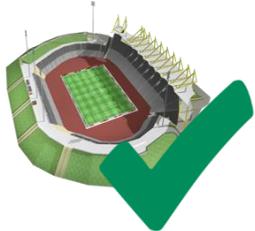
Inclusion North will give you the Government's big messages here.



Rules that are changing on the 19th July

Coronavirus rules are due to change on 19th July.

On the 12th July the Prime Minister will tell us if these changes will definitely happen.



All businesses will be allowed to open. This means places like nightclubs, theatres and stadiums.



There will be no limit to the number of people that can meet indoors or outdoors.



There will be no limit on the number of people that can visit family or friends in care homes, go to a wedding or a funeral.



There will be no social distancing rules. This means you do not have to stay 1 or 2 metres away from other people. It will not be the Law for people to wear a face covering.



People who have been working from home will be able to go back to work.



Living with Coronavirus

The government have said Coronavirus is not going to go away.



The number of people with Coronavirus will go up.



The number of people in hospital will go up.



People will still die from Coronavirus but this should be less people because the vaccine stops most people getting very ill.



The rules might have to change if the Coronavirus bug changes. This might be if it gets easier to catch or if the vaccine stops working.

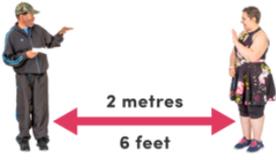


Your own plan

The government want people to think about having their own plan to keep safe.



This might be deciding that you still want to wear a mask if you can when you travel on public transport or are inside shops.



You might want to social distance from people who you do not know.



Some places might ask you to still wear a mask if you go inside.



Keeping well tips



There are lots of things that will change and this might be hard to deal with.



Think about the things that worry you and write a list. Speak to someone you trust about your worries.



Do some breathing exercises or other exercise like yoga.