

## **Summary of Government guidance issued on 11 May 2020**

### **Staying alert and safe (social distancing)**

The following summarises the government guidance.

Lifting of lock down restrictions will be dependent on successfully controlling the spread of the virus

#### **Stay at home**

- People should stay home apart from
  - For work, where you cannot work from home
  - Going to shops that are allowed to open
  - Exercise or to spend time outdoors for recreation
  - Any medical need, donate blood, avoid injury/illness, escape risk of harm provide help to vulnerable person, access other critical public services
- Children can move between parents households where they live apart
- You can also attend the funeral of a close family member, or member of your household
- Places of worship should remain closed to the public
- It is still not permitted to leave your house to visit friends and family in their home. Guidance on how this can be achieved safely will follow in the coming weeks.

#### **Going to work**

- Where you cannot work from home, you should travel to work where your workplace is open, including voluntary or charitable services
- Unless specifically required to close (see list below), the government has not required any other businesses to close to the public. It is important for business to carry on.

#### **Staying safe outside your home**

- Keep your distance from people outside your household.
  - Avoid being face to face with people if they are outside your household – stay side to side, rather than facing
  - Walk or cycle wherever possible
  - Avoid crowds: avoid peak travel times on public transport, avoid staff being gathered together by allowing the use of more entrances and exits, and staggering work times
- If you can, wear a face covering when in enclosed space where social distancing is not possible (e.g. public transport, some shops)
  - It won't protect you, but may stop asymptomatic people spreading the virus
  - This is not the same as a PPE mask, which should be protected for key workers
  - Wash hands before putting on and after taking off
- Keep your hands and face as clean as possible; avoid touching your face
- Work from home if you can. Employers should support reasonable adjustments that enable people to work from home
- Reduce the number of people you spend time within a work setting, with employers supporting:
  - Change shift patterns
  - Split into smaller, contained teams

- Wash clothes regularly, as the virus can stay on fabrics for a few days. Changing clothes at work should only be considered where there is a high risk of infection or vulnerable people (e.g. care home)
- Keep indoor places well ventilated, open windows, set ventilation systems to maximise air flow rate
- Follow guidance issued by your employer, who has a duty to assess and manage risks to your safety in the workplace (guidance for employers and businesses was last updated on 7 April according to gov.uk)

### **Vulnerable residents**

- Shielded residents are advised to continue to keep safe by staying at home and avoiding all contact with others except for medical treatment or support.
- People that are particularly vulnerable should continue to take particular care to minimise contact with others outside their household

### **Businesses and venues**

- Restaurants, cafes (other than takeaway), pubs, cinemas, theatres, nightclubs, clothing and electrical stores, hair, beauty and nail salons, outdoor and indoor non-food markets, libraries, community centres, youth centres, leisure facilities, playgrounds and outdoor gyms, places of worship, must remain closed
- From Wednesday 13 May the following can open
  - Food retailers
  - Food markets
  - Hardware stores
  - Garden centres
  - Outdoor sports facilities (e.g. tennis and basketball courts, golf courses, bowling greens) – but only to be used alone, with members of your household, or with one other person from outside your household whilst keeping 2 metres apart at all times

### **Visiting public places / public gatherings**

- You can exercise outside as often as you wish
- From Wednesday 13 May, you can also
  - *Sit and rest outside*
  - *Exercise or recreation can be alone, with members of your household, or with one other person from outside your household whilst keeping 2 metres apart at all times*
  - *Drive to outdoor publicly accessible open spaces irrespective of distance. You should not go to ticketed outdoor leisure venues.*
- Gatherings of more than 2 people are prohibited, except:
  - Where people live together
  - Where essential for work purposes

### **Enforcement**

- Government is introducing higher fines for those who do not comply. From Wednesday 13 May:
  - FPN for £100 (reduced to £50 if paid within 14 days)

- FPN for 3200 if previous received FPN
- Amount will double for each further repeat offence, up to maximum £3,200