



Hello, we hope you're coping ok during this time at home.

On May 10th the UK Government changed the **rules for lockdown again.**



You may have seen this new logo.

We're being told to **Stay Alert, Control the Virus and Save Lives.**

What does this mean?



The old rule to **stay home most of the time** stays the same, but there are now more reasons to go out.

Here are the **reasons you can now go out:**



1. Exercise

You can now go outside for exercise **as often and for as long as you would like.**



2. Sit in the park or on a beach.

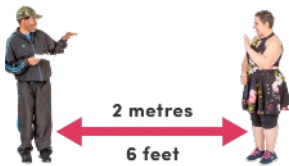
You can now go out and **read or sunbathe** etc.

You must sit 2 metres apart from others.



3. Travel as far as you like in the car for an outdoor activity.

This doesn't include staying overnight though.

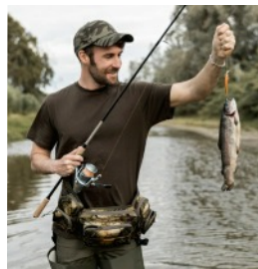
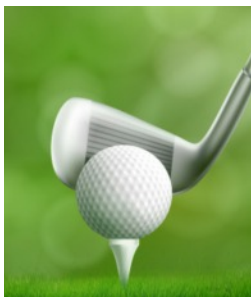


4. Meet one friend or family member outdoors.

- You must stay 2 metres apart - and only meet one other person.



5. Go to a garden centre.



6. Here are some examples of things you can do with people you live with:

- Play golf and tennis .
- Go fishing.



7. You are now allowed to swim in lakes and in the sea.

Before swimming in the sea check there is a **lifeguard on duty!**

Many beaches still don't have lifeguard cover.



**cornwall
people first**



8. Help a vulnerable person.

- You can go out to care for or help a vulnerable person.



9. Go back to work - if you can't work from home.

If you're not sure ask your employer.



Travel:

You should travel to work by car, bicycle or walk if you can.



Only travel by bus or train if you must.

If you do they will **look a little different.**

Buses have some seats taped off to keep passengers 2 metres apart.



Face Masks

If you use the bus or train the advice is to wear a homemade face covering,



Face masks can be made easily at home with some socks.

Check the Cornwall People First facebook page for a link to a helpful video showing how to do this.



Unfortunately we still cannot:

- Meet in groups.
- Visit family and friends.
- Go to some shops.
- Go to a bar, restaurant, pub, cinema or a leisure centre.



The **police can give out fines** of £100 for breaking lockdown rules so it's important to follow them and stay safe.



Remember: You should not do any of this if you have **coronavirus symptoms**, however mild.



Symptoms include:

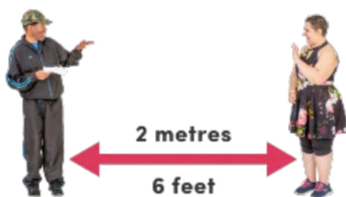
- A cough
- High temperature
- Shortness of breath



If you get any symptoms you still need to **self isolate**:

- for 7 days if you live alone.
- Or 14 days for your whole household if you live with others.

Tell someone who can help you that you are feeling unwell.



Remember it is still important to:

- Stay **two metres apart** from other people when you are out.

(Two metres is about the length of a Bed)



- **Wash your hands** regularly.

Remember to wash your hands :

- When you come in from outside
- Before you touch food
- Before you eat a meal
- After you have been to the toilet
- And at regular times throughout the day.



Each time you wash your hands you should **wash them for 20 seconds**.

That is about the same as singing Happy Birthday twice over!

Stay safe and well. See you soon!

(This guide has been designed using resources from Freepik.com and the RNLI.)