



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.

	<p>3. Travel as far as you like in the car for an outdoor activity.</p> <p>This doesn't include staying overnight though.</p>
	<p>4. Meet one friend or family member outdoors.</p> <p>- You must stay 2 metres apart - and only meet one other person.</p>
	<p>5. Go to a garden centre.</p>
	<p>6. Here are some examples of things you can do with people you live with:</p> <ul style="list-style-type: none"> - Play golf and tennis . - Go fishing.
	<p>7. You are now allowed to swim in lakes and in the sea.</p> <p>Before swimming in the sea check there is a lifeguard on duty!</p> <p>Many beaches still don't have lifeguard cover.</p>



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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,



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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.



2 metres
6 feet



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.)