

Reminder of how the rules have changed

1. No longer asked to stay at home but some restrictions remain in place
2. Key messages 'hand, face, space and fresh air'
3. Travel safely - minimise travel as much as possible, avoid the busiest times and routes and plan your journey
4. Continue to work from home if possible
5. Only socialise indoors with household or support bubble - can continue to meet outdoors, including in gardens, in groups of six people or two households
 - Exceptions not included as part of the gatherings (if working or volunteering) limit such as a tradesperson can go into a household without breaking the limit if they are there for work, and the officiant at a wedding would not count towards the limit. [More exemptions on Government website.](#)
5. People who live in a care home in England will be allowed 2 named regular indoor visitors
6. Clinically extremely vulnerable people are advised to continue taking precautions such as minimising social interactions and shopping at quieter times of the day

