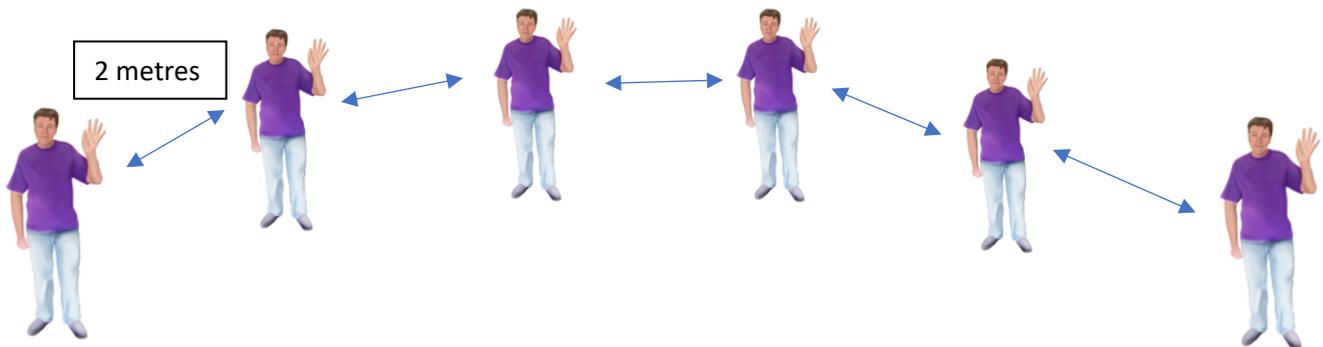


# How to behave from 1<sup>st</sup> June 2020

**The Coronavirus is still dangerous, we all need to be very careful**  
**We still need to make big changes to keep ourselves and other people safe**

If you are **not shielding** you can now meet in groups of **up to 6 people**



However, think carefully about **why you are meeting** people -  
- **Ask yourself** if it is really necessary?

If you do decide to meet-



You must be **outside – parks or gardens**

People who live in different houses must  
**stay 2 metres apart**

**Don't stay too long**



**Don't touch each other**



**Wash your hands regularly** - maybe every hour.



**Use hand sanitiser** if there is no soap and water



If you decide it is necessary to eat together –  
- ask people to bring their **own cutlery and food** if possible.

**People should not go inside** unless absolutely necessary



If you must go inside -**wear a mask**

If possible, **don't touch anything**



**Wash hands** when you go in and **again** when you go out



**Use separate towels**



If you need to **use the toilet**



**Disinfect all the surfaces** afterwards



**Go back outside** as quickly as possible



**Leave at least 2 minutes** before anyone else uses the same toilet

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If your visit is in your garden -



- as soon as people have gone **disinfect all surfaces**



The **government** has sent some people a **text message**



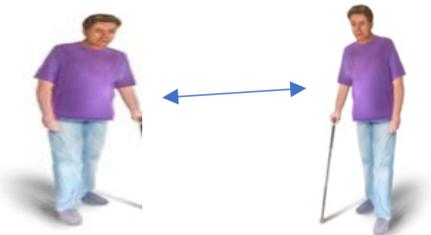
These people have been in the **high risk group** and have been **shielding** - **having no contact with anyone outside the house**

The text suggests that they **no longer need to shield**.

However, they still need to be **as careful as other people** -



**Limit contact with anyone outside the house**



**Stay apart 2 metres ( this is about 3 steps)**



**Wash hands often**

**Beware of fake messages - the government texts will never ask for your personal details, or for money**

Intellectual property of [Speakeasy-aphasia.org.uk](http://Speakeasy-aphasia.org.uk)

Images thanks to Gill Pearl, and Speakeasy

Information taken from NHS and BBC guidelines 30.05.2020