Keeping yourself and others safe:
From 19 July

While many restrictions have been lifted, COVID-19 has not gone away so it's important we remain cautious.

By practising key behaviours we can continue to protect ourselves and others and help stop the virus spreading.

Fresh air

Try to meet others outdoors where COVID-19 particles are blown away. If you are meeting people indoors, open windows to let fresh air in.

Testing and self-isolation

If you develop COVID-19 symptoms, however mild, you should get a test and must self-isolate if you test positive or if you are told to by NHS Test & Trace.

Face coverings

It is expected and recommended that people wear face coverings in crowded areas such as public transport.

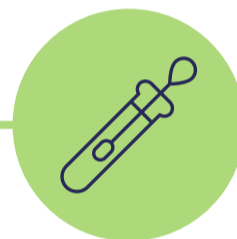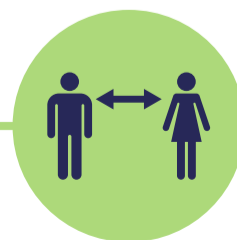### NHS COVID-19 app

Keep Bluetooth contact tracing enabled on your NHS COVID-19 app and use the app to report symptoms, get a test and check in to venues.

Handwashing

Wash your hands with soap and water or use hand sanitiser regularly throughout the day.

Close contact

Consider limiting close contact with people you do not live with.

For more information, visit gov.uk/coronavirus

FRESH AIR   TESTING   FACE COVERINGS   APP   HANDWASHING