



## AVOIDING INFECTION AND NOT SPREADING INFECTION

The current infection rate in Cambridgeshire is sufficiently high for the area to be considered for a move into Tier 2

In **all** areas of England, you should remember 'Hands. Face. Space':

**hands** – wash your hands regularly and for 20 seconds

**face** – wear a [face covering](#) in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet

**space** – stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings or increasing ventilation indoors)

This guidance is for people who are fit and well. There is separate guidance for:

- [households with a possible or confirmed coronavirus infection](#)
- [people who are clinically extremely vulnerable to coronavirus](#)

When meeting friends and family you should also: follow [social distancing rules](#) when you meet up; limit how many different people in total you see socially over any short period of time; meet people outdoors where practical. This is safer because fresh air provides better ventilation. **When meeting friends and family indoors, it is important to ensure the room is well ventilated by opening windows and doors.**