



EASING THE LOCKDOWN - SUPPORT BUBBLES

Always practise social distancing with people from outside of your household or support bubble, keeping 2 metres apart.

We reported earlier that after **13th June** if you are a single adult household, you can form a support bubble with one other household. This means you can see other members of your support bubble indoors and outside. You will also be able to be less than 2 metres apart and stay overnight as if you were members of the same household. Individuals who form a bubble with one household may not form a bubble with anyone else.

Everyone may spend time outdoors with groups of up to six people from outside your household or support bubble. Always practise social distancing with people from outside of your household or support bubble, keeping 2 metres apart.

If you or someone in your household or your support bubble (if applicable) is showing coronavirus symptoms, everyone in your support bubble should stay home. If you or a member of your support bubble is contacted as part of the [test and trace programme](#), the individual contacted must [stay at home](#). If the individual becomes symptomatic, everyone in the support bubble must then isolate.

Social Distancing

From **4 July** the 2m (6ft) social distancing guidance will change in England.

Where it is not possible to stay 2m apart, people should keep a distance of "**one metre plus**" - this means staying one metre apart, while observing precautions to reduce the risk of transmission.

[Businesses are being asked to help](#) by:

- avoiding face-to-face seating by changing layouts
- reducing the number of people in enclosed spaces
- improving ventilation
- using protective screens and face coverings
- closing non-essential social spaces
- providing hand sanitiser
- changing shift patterns so that staff work in set teams