



LOCKDOWN RESTRICTIONS HAVE BEEN EASED SLIGHTLY

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There are a limited number of things you can now do that you could not do before:

- spend time outdoors – for example sitting and enjoying the fresh air, picnicking, or sunbathing
- meet one other person from a different household outdoors - following social distancing guidelines
- exercise outdoors as often as you wish - following social distancing guidelines
- use outdoor sports courts or facilities, such as a tennis or basketball court, or golf course – with members of your household, or one other person while staying 2 metres apart
- go to a garden centre

At all times, you should continue to observe social distancing guidelines when you are outside your home, including ensuring you are 2 metres away from anyone outside your household. If you are showing coronavirus symptoms, or if you or any of your household are self-isolating, you should stay at home - this is critical to staying safe and saving lives.