

# New rules from 29 March 2021

*Help stop the spread of Covid-19*



## The social contact rules say you can now meet outdoors:

- In groups of up to six (this means one person can meet up to five others from different households)
- Or any number of people from no more than two households.  
(Your household is the people you live with).



## To keep yourself and others safe, you must continue to:

- Only meet outdoors (this includes in private gardens)
- Keep a distance of 2m from anyone you do not live with

Shielding will end from 1<sup>st</sup> April. If you have previously been asked to shield it is important to continue to keep the number of social interactions you have low.



## Can I travel?

- The 'Stay at Home' requirement is no longer in place, however, you should continue to work from home if you can and minimise the number of journeys you make.
- Where possible, stay local and avoid travelling at the busiest times and routes.



## What else has changed?

- Outdoor sport facilities are open, including golf courses and tennis and basketball courts
- Formally organised outdoor sports can restart
- Weddings attended by up to six people can take place



## What if I've had my vaccine?

You still need to follow the Hands, Face, Space rules.

People who have been vaccinated can still pass on the virus to someone else.

Although these vaccines are highly effective, safe and provide good protection, we all have to follow this important public health advice.



**For the latest guidance on Covid-19, visit: [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)**

**Whenever you are out of your home, still remember 'Hands. Face. Space':**

Hands – wash your hands regularly and for 20 seconds

Face – wear a face covering over nose and mouth in indoor settings

Space – stay 2 metres apart from people you do not live with where possible