

1. Keep your distance from people outside your household or support bubble

The government recommends that you keep two metres away from people as a precaution or one metre when you can mitigate the risk by taking other precautions in this advice.

2. Avoid being face-to-face with people if they are outside your household or support bubble

You can lower the risk of infection if you stay side-to-side rather than facing someone. The key thing is not to be too close to people outside your household or support bubble.

3. Keep your hands and face as clean as possible

Wash your hands often using soap and water, and dry them thoroughly.

Where available, use sanitiser outside your home, especially as you enter a building and after you have had contact with hard surfaces. Avoid touching your face.

4. Keep indoor places well ventilated

5. Avoid crowded spaces

Small groups in small spaces pose a risk as well as large, close crowds.

6. Face coverings

You must wear a face covering at all times on public transport and in shops.

Please remember that the lifting of restrictions does not mean we are risk free.

There are still limits on how many households are able to meet together at one time and restrictions on how many can meet at one time.

Your families can go to our website for links to the latest advice.

If you or your families are at all unsure of what is permissible please check with Helen. All her contact details are on the website so it should always be possible to do this. Abbeyfield residents live as one household and trustees, staff, residents and their families must work together to protect each other. If in doubt, please remember caution.

Enjoy going out and about safely.

Helen

Administrative Manager Abbeyfield Ripon