As lockdown measures are eased, there will be more that you can see and do in your community. However, everyone needs to remember that we all still need to follow health precautions, such as physical distancing, handwashing, and wearing face coverings where appropriate, to avoid catching COVID-19.

As we start to move about more, please remember to:

* **Be alert** – COVID-19 has not gone away. Everyone needs to continue to follow the guidance put in place to protect us by the public health authorities.
* **Watch the local news** – Although lockdown measures are being eased nationally, there may be local flare ups of COVID-19. Please stay alert and follow local guidance where necessary.
* **Pace yourself** - Ease back into activities at your own pace. Don’t rush to do everything at once.

Remember - you shouldn’t do anything that makes you feel uncomfortable or puts you at risk. Only you can decide when you feel it’s the best time to start going out.

**England: Changes to lockdown from 4 July 2020.**

In England, some lockdown restrictions put in place to guard against COVID-19 are being lifted from Saturday 4 July 2020.

From 4 July, you’ll be able to visit a pub, restaurant, museum, or library. Cinemas are also opening, and you can also be part of a group meeting at a church or other place of worship.

You will also be able to visit a barber or hairdresser for that long-awaited haircut.

The two-metre physical distancing rule will be relaxed and replaced with a "one metre plus" rule. This involves keeping at least one metre apart, plus wearing face coverings where appropriate, people sitting side to side rather than face to face to reduce transmission, and regularly using hand sanitiser.

However, you can’t go to the gym, swimming pool, or any type of exercise class.

You can read all the UK government advice [here](https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do-after-4-july).

Please continue to follow the general measures to counter COVID-19, such as [regularly and thoroughly washing your hands](https://www.youtube.com/watch?v=bQCP7waTRWU&feature=youtu.be).

You should try to wear a face covering in enclosed spaces where social distancing is not always possible and when you come into contact with others that you do not normally meet. That would include, for example, on public transport and in some shops.

If you fall ill with the [symptoms of COVID-19](https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/) (high temperature and persistent cough) please [visit the NHS 111 COVID-19 page](https://111.nhs.uk/covid-19/) for advice.

Please check regularly on the [Public Health England](https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public) and [NHS](https://www.nhs.uk/conditions/coronavirus-covid-19/) COVID-19 websites as this guidance will change, possibly at short notice.