

Lockdown Restrictions Eased Phase One



In Northern Ireland where I live some lockdown restrictions have been lifted. This is good news



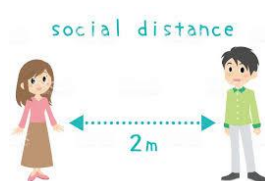
I can now meet up with groups of up to 6 people who do not share a household outdoors, while maintaining social distancing



However, I cannot meet them inside their or my house



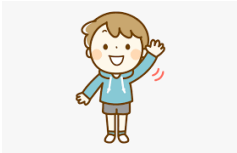
I can meet them in parks, gardens, or beaches



If I meet people who do not live in my house, I must still remember to stay 2 metres away from them. This will keep me and them safe

This means I cannot hug them, give high fives or handshakes to people who do not live in my house





Instead I can wave at them to greet them. I can sit with them in the garden, park, or beach as long as there is 2metres between me and them

If I am at a family or friends garden and I need to go to the toilet. I can use their toilet, but it is important to remember to wash my hands after. I must wash my hands for 20secs after using the toilet

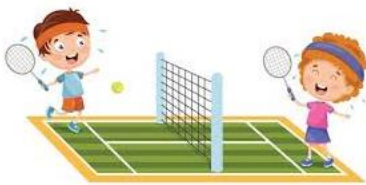


I will then meet them in the garden again

I can have a long or short visit with my family or friends as long as it is outside and with a maximum of 6 people



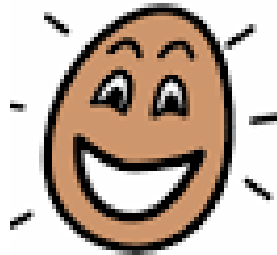
I can also play some sports again with my friends or family such as tennis, golf, or any water sport, as long as I keep 2metres apart





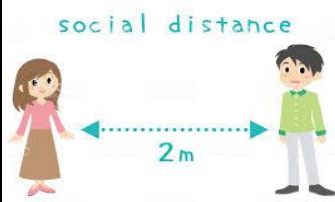
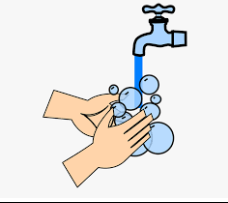


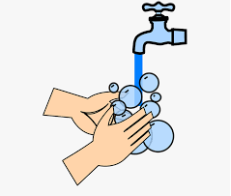

When I am outside, I should remember not to touch my face with my hands and if I need to sneeze, I should sneeze into my elbow or tissue and then wash my hands. I can carry hand sanitizer and use this on my hands when I need to



Once I get home, I must remember to wash my hands for 20secs. This will help keep me and my family safe.



Remember the Rules

	I cannot go into someone's house unless I need the toilet
	When meeting friends or family I should stay outside, like their garden
	I should stay 2metres away from anyone who does not live in my house
	I must wash my hands regularly. Bring hand sanitizer if possible
	I cannot give high fives, hugs or handshakes to people who do not live in my house
	Instead I can wave at them
	Once I get home to my house, I must wash my hands for 20secs
	If I remember to follow these rules it will help keep me safe and my friends and family safe