

# Rules from 19 July 2021

## *Stage four of the easing of lockdown*



### Who can I meet with now?

- All legal limits on social contact have been removed
- There are no restrictions on **who** you can meet with
- There are no restrictions on the **number** of people you can meet with



### What is now open?

- The remaining music entertainment venues, nightclubs etc can open
- The restrictions on numbers at places already open have been removed



### What care do I need to take?

The Covid-19 virus remains a part of our lives, so it is wise to still take precautions to keep yourself and others safe, particularly through getting both doses of the vaccine.

It's not too late to get your first or second jab, see info at [www.sneevaccine.org.uk](http://www.sneevaccine.org.uk)



### Can I travel abroad?

- Countries are in three categories: green, amber and red. Green countries have the fewest rules. [www.gov.uk/guidance/red-amber-and-green-list-rules-for-entering-england](http://www.gov.uk/guidance/red-amber-and-green-list-rules-for-entering-england)
- Please make sure that you follow the appropriate testing and isolation rules before and after your trip for the country that you plan to visit.

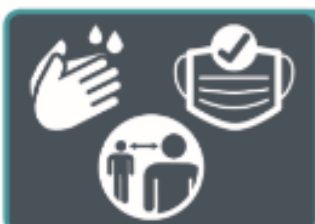


### Why should I access testing if I don't have any symptoms?

As many as 1 in 3 people with the coronavirus do not show any symptoms.

We encourage people to take a test twice a week, even if you have been vaccinated, to help stop the spread of Covid-19.

Go online to book a test or a home test kit at [www.suffolk.gov.uk/coronavirus-covid-19/getting-a-test/](http://www.suffolk.gov.uk/coronavirus-covid-19/getting-a-test/) or call **0333 772 6144** (interpreters are available).



### Whether you have had a vaccination or not, you can catch and pass Covid-19 onto other people, so still remember 'Hands. Face. Space. Fresh Air':

- We advise giving consideration to respecting others' views regarding social distancing and wearing face coverings in enclosed spaces such as public transport.
- We recommend maintaining a good hygiene routine, meeting others in the fresh air where possible and keeping buildings well ventilated.

If you are worried about your bills, your job, or your home, call the **Suffolk Advice and Support Service** free on **0800 068 3131** Monday to Friday 9am-5pm.

If you are self-isolating, call the **Home, But Not Alone** helpline for support free on **0800 876 6926** Monday to Friday 9am-5pm.