

Rules from 17 May 2021

Stage three of the easing of lockdown



You can meet people as follows:

- People can meet in groups of up to 30 **outdoors**.
 - Six people or two households can meet **indoors**, with overnight stays allowed.
- Social distancing with close family and friends is a matter of personal judgement, but people are asked to remain cautious around close contact, like hugging.
www.gov.uk/guidance/meeting-friends-and-family-covid-19



What is now open?

- Adult indoor group sports and exercise classes can restart
- Outdoor and indoor entertainment, such as theatres, cinemas, museums, children's play areas, zoos, theme parks, libraries and community centres
- All shops, hairdressers, beauty salons and other close-contact services



What else can I do?

- Restaurants, cafes and pubs can seat customers indoors (following the rule of six or two households)
- Up to 30 people can attend weddings or other life events, like christenings or funerals
- Care home residents allowed five named visitors and more freedom for visits out of the home
- Performances and large events can restart, but with limits on audience numbers



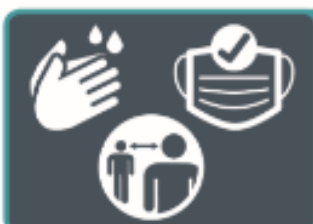
Can I travel?

- Non-essential journeys are allowed; continue to work from home if you can
- Hotels, hostels and B&Bs can reopen in the UK
- Some international leisure travel may resume. Countries are in three categories: green, amber and red, with different testing and isolation rules. Green countries have the fewest rules. www.gov.uk/guidance/red-amber-and-green-list-rules-for-entering-england



Can I access testing if I don't have any symptoms?

1 in 3 people with the coronavirus do not show any symptoms. Through testing we can stop the spread of the virus to other people. Go online to book a test or a home test kit at 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':

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
Fresh Air – meet in the fresh air. Keep buildings well ventilated