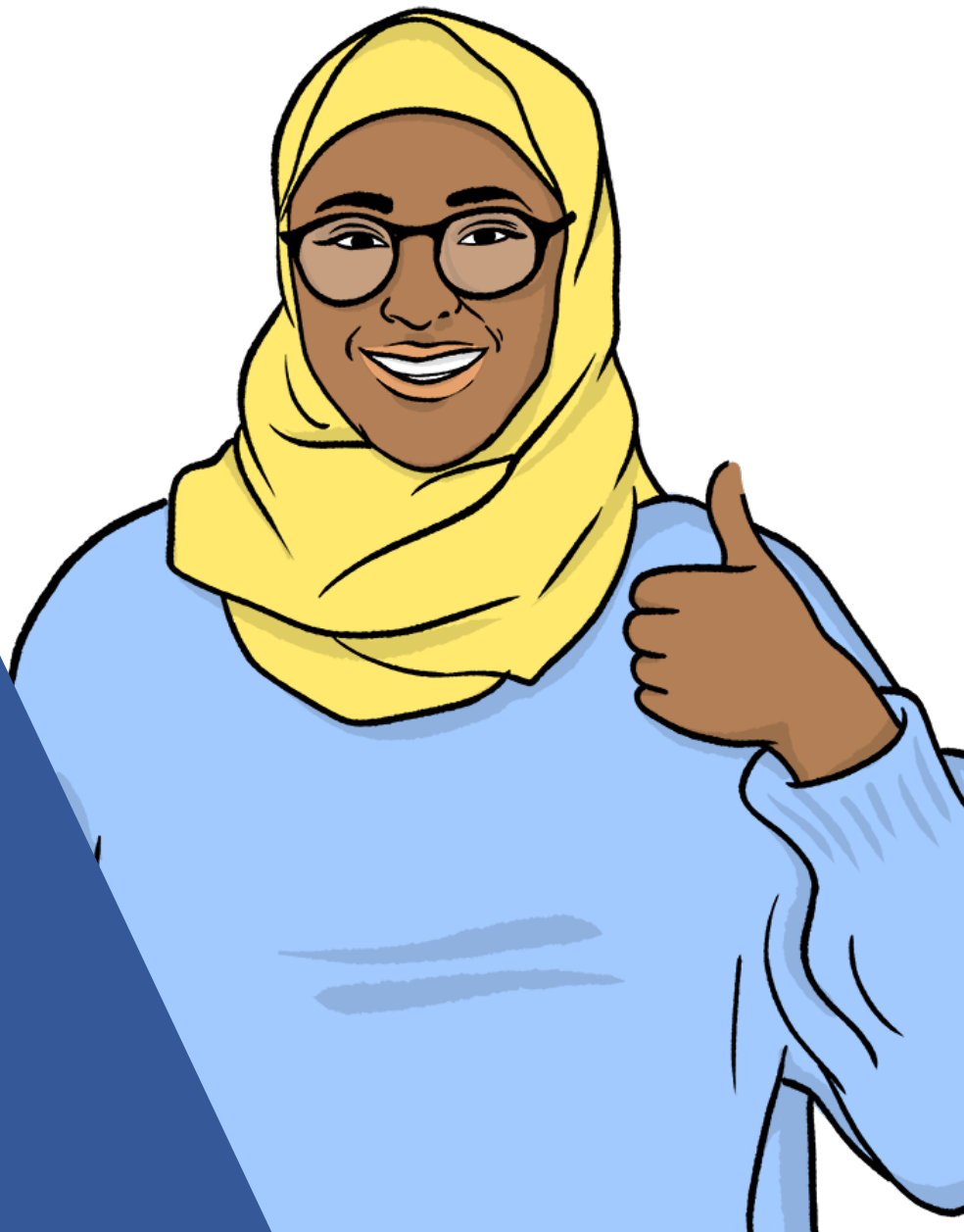




Cabinet Office

New guidance from 19 July 2021

Coronavirus: how to stay safe and
help prevent the spread from 19 July



easy
read

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In this easy read document, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.



Some words are [blue and underlined](#). These are links which will go to another website which has more information.

Introduction



The Government has written this new guidance to keep people safe from **COVID-19**.

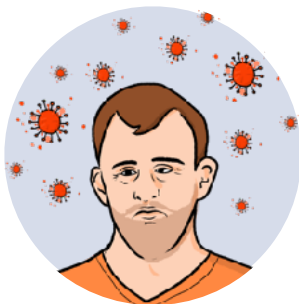
COVID-19 is an illness that is spreading around the world. It can affect your lungs and breathing.



Since 19 July 2021, most of the rules that were in place to stop the spread of COVID-19 have ended.



This means that things in this country can start to get back to normal.



But COVID-19 is still around. You can still catch it and spread it.



This guidance will help people to learn how to keep themselves safe and not spread it.

Ending the rules



Since 19 July 2021, most of the rules that were in place to stop the spread of COVID-19 have ended.

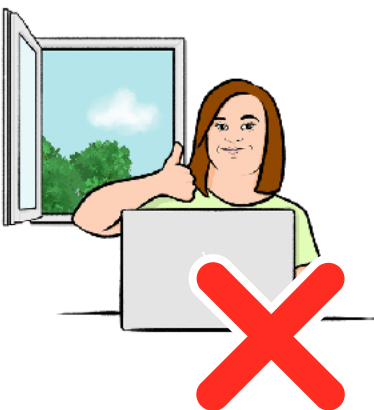
This means:



- you don't have to stay 2 metres apart from other people



- you can meet with any number of people indoors and outdoors



- you don't have to work from home. You can go back to working from your usual place of work



- you don't have to wear a face mask



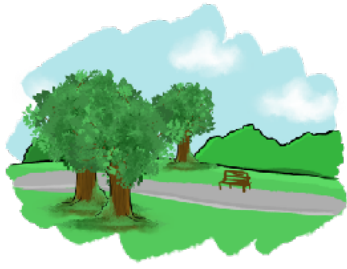
- any number of people can go to weddings, funerals and other events



- you can dance and sing

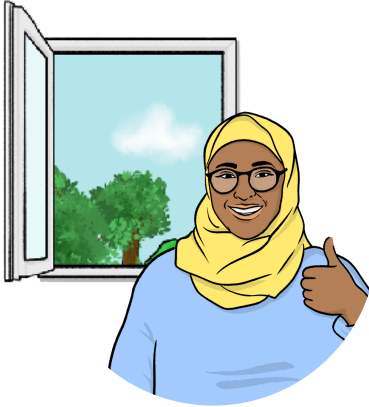


- any number of people can go to a place of worship.



But, there is still a lot of COVID-19 around, so you should:

- be outside when possible



- make sure there is plenty of fresh air indoors



- not get too close to people you don't live with, especially not for long periods of time



- carry on wearing a face mask in crowded places and on public transport, like buses and trains.

Businesses and venues



A **venue** is a place where people go to do something, like a theatre or concert hall.



All businesses, venues and nightclubs can open up.



Any number of people can go to sports events, concerts or business events.



You can order at the bar in pubs, cafés and restaurants and you are able to drink standing up.



Going back to your place of work

All businesses should follow the guidance about having a safe place for people to work.



You can go back to work in your usual place of work if you want.

We expect people to gradually start going back to their usual place of work over the summer.



Keeping workers safe

Your manager should check that your work place is safe and healthy.

They should:



- clean any areas that often get touched by people



- make sure there is plenty of fresh air



- make sure anyone who is not well does not come into work

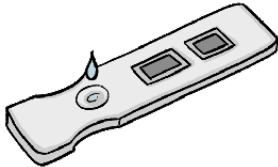


- explain what they have done to keep people safe and healthy.

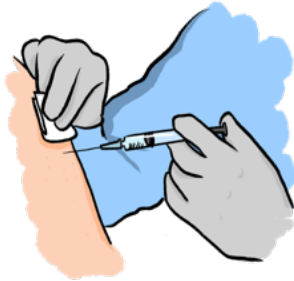


The NHS COVID Pass

The **NHS COVID pass** is an official document that shows you have had either:



- a recent COVID test, or



- 2 doses of the COVID-19 **vaccine**.

A **vaccine** is an injection that helps to stop you being ill with a certain illness.



We think certain places should ask people to have an NHS COVID pass before they can enter.



These include places where there are large crowds of people, like sports stadiums and nightclubs.

You can get an NHS COVID pass by:



- the **NHS App**

An **App** is a computer programme on your phone, tablet or computer that helps you to do something.



- going to: www.nhs.uk



- phoning: **NHS 119**



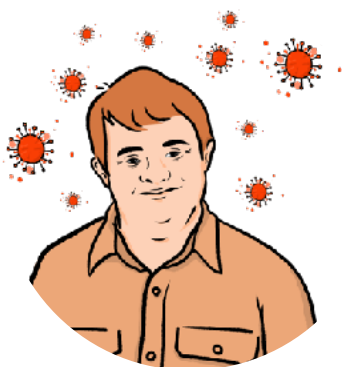
Test and trace

From 19 July, you don't have to use your NHS COVID-19 App to check into pubs, cafés, restaurants and other places.



But we would like you to carry on doing this to help keep people safe.

Keeping yourself and others safe



COVID-19 is still around. You can catch it, even if you have had 2 doses of the vaccine. You should be careful.

Get tested and self-isolate

If you think you might have COVID-19:

- **self-isolate** straight away



Self-isolating means staying inside away from others for 10 days - or until you have a test that shows that you don't have COVID-19.

- get a **PCR test**



PCR stands for polymerase chain reaction. A PCR test is sent to a laboratory to be checked, so you can get a more accurate result.

You might have COVID-19 if you have:



- a new cough that won't go away
- a high temperature
- a change to your normal sense of taste or smell.

For most people COVID-19 is not serious.

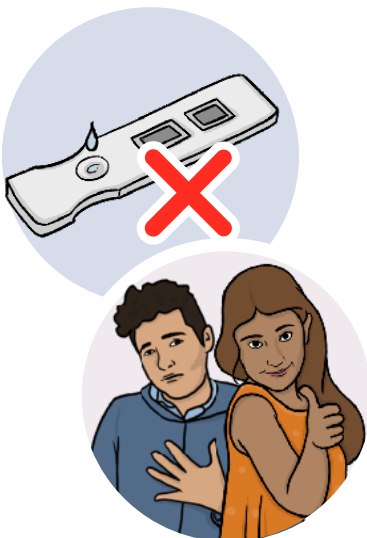


Test and Trace

The law says you must self-isolate if NHS Test and Trace tells you to.

Changes from 16 August

From 16 August 2021, you won't have to self-isolate if:



- you have been fully vaccinated and are a contact of someone who has tested positive for COVID-19
- you are under age 18.

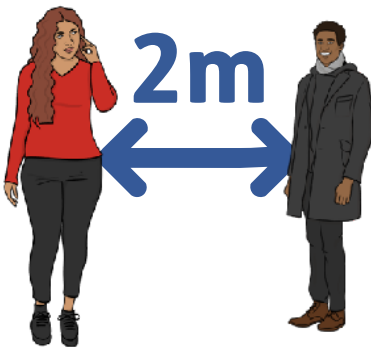


If the test says that you do have COVID-19, you will have to self-isolate.

Self-isolating

If you have to self-isolate you should:

- stay at home
- stay away from other people.



You are allowed to leave home to get medical help but you should keep 2 metres away from other people.



If you don't self-isolate when you are told to, you may have to pay a fine.



Test and Trace Support Payment

If self-isolating affects the money you earn, for example if you can't go to work, you may be able to get a £500 Test and Trace Support Payment.



You can get more information about this from your local council's website.

Get the vaccine



All adults have been offered at least 1 dose of the vaccine.

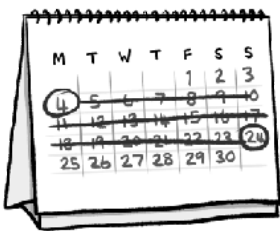


The vaccine gives you the best protection from COVID-19.

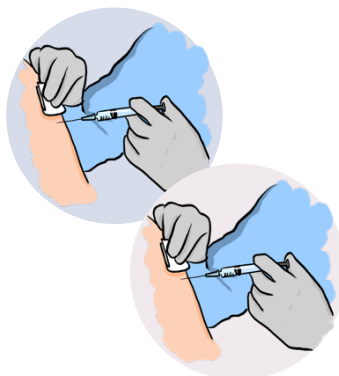


If you haven't had the vaccine, you can book to get it here:

www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/



The vaccine takes around 2 or 3 weeks to work.

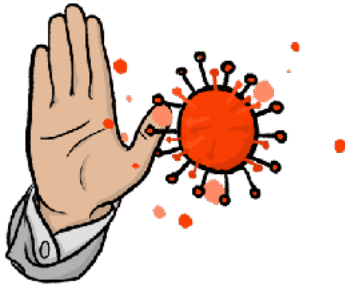


You need 2 doses to be fully protected.



You could still catch COVID-19

Some people who have had the vaccine can still catch COVID-19 and spread it to other people.



You should still be careful not to catch and spread COVID-19.

Using the NHS COVID-19 app



The NHS COVID-19 app helps to stop COVID-19 spreading by telling you if you have been close to someone who has it.



The app is free and easy to use.



With the app, you can also:

- report if you are feeling ill



- check in to venues, like pubs and restaurants.

Wearing a face mask



COVID-19 spreads through tiny droplets that come out of your nose and mouth.



Face masks can help to stop these droplets being breathed in by other people.



You should carry on wearing a face mask in crowded places and on public transport, like buses and trains.



Some people don't have to wear a face mask if they have a good reason, like:

- you have a disability or illness that means you cannot wear one



- wearing a face mask would make you upset



- you are travelling with someone who uses lip reading



- you are travelling to get away from some danger

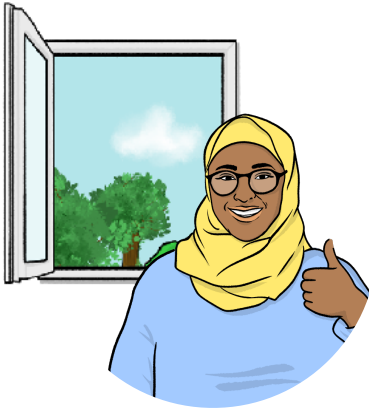


- you need to eat, drink, or take medication



- you are asked to remove your face mask by a police officer or other official.

Fresh air



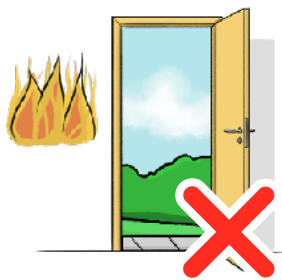
Fresh air helps to blow away the tiny droplets that come out of your nose and mouth.

Letting in plenty of fresh air will help to stop COVID-19 from spreading.

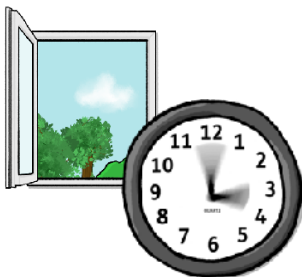


It's best to:

- meet people outdoors
- open doors and windows.
- use an extractor fan.

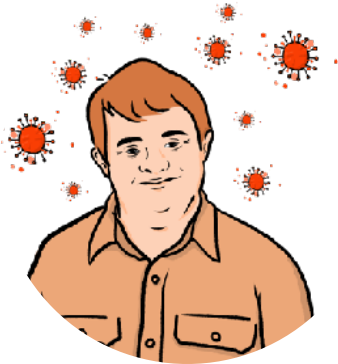


Don't leave fire doors open.



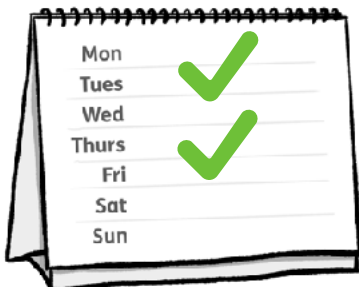
If you are cold or worried about security, you can open your windows and doors for just a short time.

Testing twice a week



Many people who have COVID-19 do not feel ill.

They are spreading COVID-19 around without knowing they have it.



So, it's good to test yourself 2 times a week to check.



You can get a **lateral flow test** for free.

A **lateral flow test** is a way of checking if you have COVID-19 quickly, within 30 minutes.



You can find out how to get one here: www.nhs.uk/conditions/coronavirus-covid-19/testing/regular-rapid-coronavirus-tests-if-you-do-not-have-symptoms/

Wash your hands



Wash your hands with soap and water or use hand sanitiser regularly.



You should wash your hands:

- after coughing, sneezing or blowing your nose



- before you eat or touch food



- after touching things that other people have touched



- after using a kitchen or bathroom



- when you get home.



It helps if you:

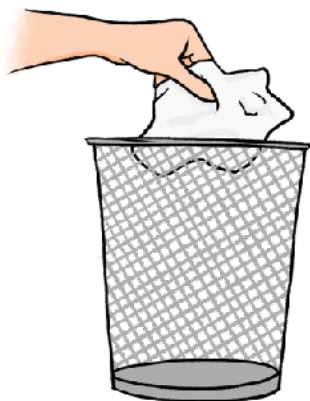
- try not to touch your face



- cover your mouth and nose with a tissue when you cough or sneeze



- cough or sneeze into your elbow, not into your hand



- put tissues into a rubbish bag straight after using it and then wash your hands.

Staying at home if you are unwell



If you have not got COVID-19 but still feel unwell

You may have flu or a cold.



Staying at home until you feel better will stop you spreading an illness.



Many common illnesses spread by:

- being close to someone
- coughs and sneezes
- touching things that people have breathed on.



Close contact

If you are feeling ill, you may want to keep away from other people until you feel better.

Places you could catch COVID-19



You are more likely to catch COVID-19 in:

- crowded places



- indoor places where there isn't much fresh air.



People are more likely to spread COVID-19 if they are singing, dancing, exercising or shouting.

Vulnerable people



Some people are **clinically extremely vulnerable**.

Clinically extremely vulnerable means you are likely to be seriously ill if you catch COVID-19.



Your doctor will tell you if you are clinically extremely vulnerable.



There is separate [guidance for people who are clinically extremely vulnerable](#).

Travel to other countries



The Government has said that each country is on either a red, amber or green list.

You should not travel to a country on the red or amber list.



Travelling to England

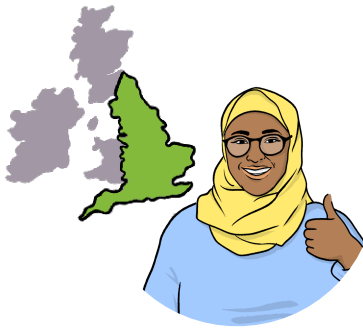
There is guidance about travelling to England here:

www.gov.uk/uk-border-control



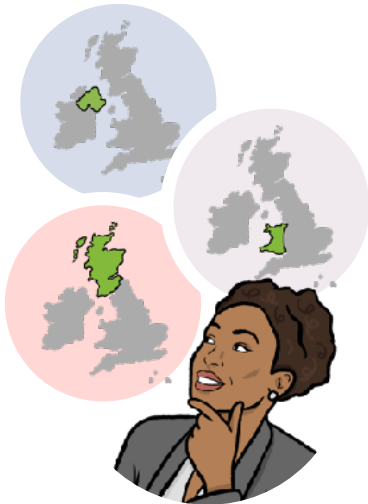
From 19 July, if you have been fully vaccinated, you won't have to **quarantine** if you come back to England from an amber list country.

Quarantine means you have to self-isolate for 10 days.

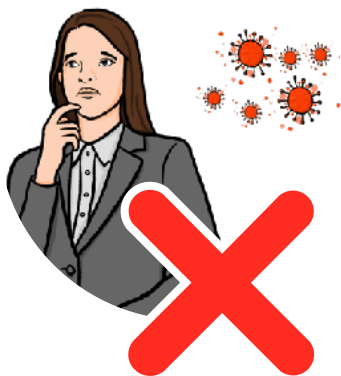


Travelling in the UK, Ireland and Channel islands

You can travel anywhere in England.



You need to check if there are any rules about travelling in Scotland, Wales, Northern Ireland or Ireland.



Do not travel if you think you may have COVID-19.

For more information



If you need more information, please go to the [Government website](#).