



Age Friendly Hulme and Moss side

Staying safe outside now that lockdown is easing

Although the lockdown is easing, COVID-19 is still present. The government has advised that people who have been shielding (due to an underlying health condition and those over 70) can be out in public again from Saturday 1st August 2020. Before that, you can start to meet with up to 6 people outdoors from Monday 6th July 2020.

Before you go out you will need to:

- Wear a face covering every time you leave the house. You will not be able to use public transport including buses, trams, taxis or trains without wearing a face covering.



- Bring a hand sanitiser with you.



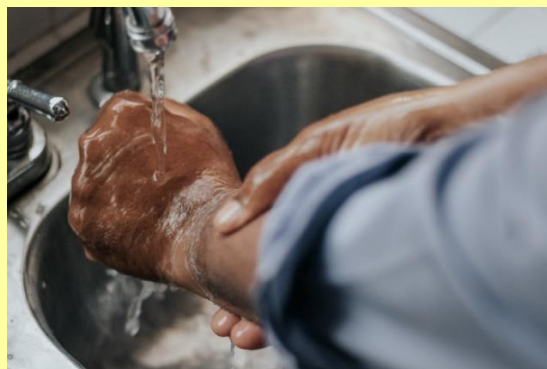
- Start out small, perhaps walk around the block. Get used to being outdoors again before you go to public places like shops or on public transport.



- Keep to social distancing guidelines and stay 2 metres away from others.



- Prepare your journey and plan your route.
- Once you get back home, remove your face covering.
- If it's a disposable face covering, dispose of it in the bin. If you are using a reusable face covering, it will need to be washed in hot water, so it's a good idea to have a spare one.
- Wash your hands immediately with soap and hot water for 20 seconds (the time it takes to sing Happy Birthday twice).



We understand that you may have some questions and reservations about when and how to make changes to get back into public life. Be Well are specialists in supporting you to make realistic and achievable goals to improve your lifestyle. Feel free to ask to be referred by your GP to Be Well for support in getting out and about, and finding out what activities and groups are open and running again in your area.