

## **Taking the next step - July 19<sup>th</sup>**

The government have announced their plans to move out of lockdown, indicating that this is likely to be from 19 July. Until that time we wanted to remind you that the hands, face, space, fresh air mandatory requirements and guidance still apply.

The number of people who have received their first, and in many cases, second vaccination locally is fantastic but it doesn't completely remove the risk of Covid and the virus continues to circulate in our communities. If you haven't had your vaccinations yet you can find out more about the walk in opportunities in your local area [HERE](#) and we encourage you to share this information with friends and family.

Please remember that at this time, all infection prevention and control and the guidance regarding the use of face masks/coverings, which has been put in place for health care settings remains unchanged. This is for your safety, the safety of loved ones receiving care and for the safety of our staff. If visiting a healthcare setting, such as your GP practice, or when going to receive your Covid vaccination, you will still be required to practice good hand hygiene, wear your mask and give appropriate space to staff and other people in the area.

Health and Social Care Secretary Sajid Javid said:

“As we move from regulations to guidance and get back to our everyday lives, see our loved ones and return to work, it is vital people practise good sense and take personal responsibility for their own health and those around them”

We have made such positive strides over the past few months, to keep moving forward, we must still remain mindful that we need to help protect each other. After the 19<sup>th</sup> July, for the safety of yourself and others, we continue to recommend you:

- Meet others in well-ventilated areas where possible, such as outdoors or indoors with windows open.
- Wear a face covering where you come into contact with people you don't normally meet in enclosed and crowded spaces.
- Wash your hands with soap and water or use hand sanitiser regularly throughout the day.
- Cover your nose and mouth when you cough and sneeze.
- Stay at home if unwell, to reduce the risk of passing on other illnesses onto friends, family, colleagues, and others in your community.
- Consider the individual risks of others, such as clinical vulnerabilities and vaccination status.

To keep up to date and fully informed with the changing guidance continue to visit [GOV.UK](#) and [NHS.UK](#) for trusted information.