



Covid shielding update



If you are shielding, from **6 July** you can



Meet with a group of up to 6 people outdoors



These people can be from different houses



You must keep a safe distance from others
About 2 metres



You will not have to keep a safe distance from people you live with anymore



If you live on your own, you can form a **support bubble** with one other household



A **support bubble** means you can spend time in their home



You can only form a support bubble with one other household



You can stay overnight if you want to

You do not have to keep a safe distance from that person