

# FOLLOW THE RULES

**Make sure YOU PLAY YOUR PART to keep our schools safe.**

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**We are still in STEP 3 of the government roadmap**





Up to six people, or a maximum of two households, can meet indoors. Including overnight stays and sleepovers




Larger groups, of up to 30, can meet outdoors


### ! Wash your hands!

-  Good hand hygiene is still very important
-  Make hand washing the last thing you do before leaving the house, and the first thing you do when you get home



### ! Continue to wear a face covering when required

-  Wear a face covering indoors where social distancing may be difficult



### ! Social distancing

-  Try to stay at least 2 metres (3 steps) away from people you're not meeting with – you can choose to have close contact with friends and family

### ! Get tested twice a week and record the results

-  Rapid testing at home is now available for all secondary school age children without symptoms
-  By taking regular tests you can help to reduce the spread of the virus and help those around you stay healthy and safe

### ! Self-isolate if you develop symptoms

-  **The symptoms of COVID-19 are:** a high temperature, a new continuous cough or a loss or change to your sense of smell or taste
-  To book a PCR test please visit [www.nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) or phone 119



For regular updates and advice please check our websites [www.peterborough.gov.uk](https://www.peterborough.gov.uk) and [www.gov.uk](https://www.gov.uk)