

Understanding the new COVID-19 guidelines and things to consider

Throughout the COVID-19 Pandemic we have endured a sustained period of uncertainty and restrictions which have affected us all. As the COVID-19 cases are reducing the Government has set out a timeline of when restrictions on certain things can be eased which has given many of us hope.

The next easing of restrictions in England is set for May 17th but what restrictions are being eased? What does it mean and what should we consider as we adjust again to returning to some form of normality?

Up to 6 people from two households indoors

We will now be able to move in from the garden or the park with our group of 6 to the warmth and comfort of our homes. This is a big step as it opens up our ability to resume some normal socialising such as dinners with family or friends and the option to let people stay the night. It may be tempting to allow more than 6 into your home but it is important that you stick with Government guidelines to avoid the spread of COVID-19 so always bear this in mind and plan ahead.

Seating indoors at pubs and restaurants

We can finally come in from eating out in the cold and enjoy a meal in a pub/restaurant's atmosphere. Although coming into the summer it won't be long before we are wanting to sit outside again. You will be expected to wear a mask still to get to your table or go to the toilet so be conscious of this – it might be easy to forget the rules after a drink or two and everything may seem like it's back to normal.

Indoor entertainment can resume

Venues like theatres and cinemas can resume operations. There will still be safety measures in place such as having to wear a mask and abide to social distancing guidelines where possible. There will also probably be spacing between seats so if you're desperate to go and see an event or a movie make sure you book in advance as it may sell out quicker than usual.

Indoor sports can resume

Sport centres and gyms can now fully open to allow for indoor sports. Although outdoor sports has been allowed for some time, they have been very weather dependant so expect indoor sports to pick back up again quickly.

Consider other people

For many people the prospect of restrictions easing is very exciting and they will be straight out doing the new things they're now allowed to do. However, not everyone will feel the same. Others will be far more anxious about venturing out and doing these things and some may even opt not to. It is important that we all are considerate of this. Yes, the Government have said we are allowed to do these things and you may be ecstatic to be there, but bear in mind others there may be feeling very cautious and anxious. Maintain distancing boundaries wherever they are, wear a mask where instructed and continue to stick with the restrictions and safety measures that are left in place.

Useful links

There are far many more changes that affect certain events etc. than what has been listed here. If you are unsure on the changes in your area then please do use some of the below links for clarity:

- <https://www.gov.uk/coronavirus>
- <https://www.telegraph.co.uk/politics/2021/05/12/covid-lockdown-roadmap-new-rules-may-17-dates-when-end/>
- <https://news.sky.com/story/covid-19-whats-allowed-from-12-april-as-lockdown-eases-in-england-12225770>

More information

If you would like to view the Webinar on '**Understanding the new COVID-19 guidelines and things to consider**' is being delivered live on **Tuesday 18th May at 12:00pm**, please use the following link to register for this session –

<https://attendee.gotowebinar.com/register/5021384256923815180>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.

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