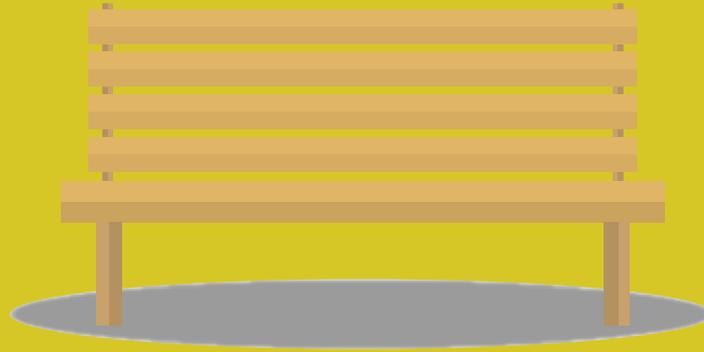


Visiting Loved Ones Factsheet

A Guide For Friends & Relatives



Introduction

The government's roadmap to easing lockdown was introduced on 22 February 2021 and sets out four clear steps to lifting restrictions and returning to a normal life. The roadmap focuses on key aspects of people's lives and highlights what we will be able to do at each stage of the process, including in relation to visiting the people we love such as family and friends. We know how important it is for you to be able to see your friends and relatives and wanted to share with you some information on how you can meet up safely.

COVID-19 Facts

- People of all ages can be affected by COVID-19
- Older people and those with pre-existing medical conditions are more vulnerable to becoming seriously ill from coronavirus
- Over 24 million people in the UK have received at least one dose of the COVID-19 vaccine, with over 1.6 million having also received their second dose
- The vaccination programme is working through the priority groups with the aim to reach everyone aged 18 or over by the end of July

Visiting Roadmap Stages

It is important to bear in mind that all aspects of the roadmap will be regularly monitored by the government to find out whether we can move to the next stage. Any concerns around lifting of restrictions early, or in relation to a specific restriction, will be announced where the government feels it is required.

From 8 March:

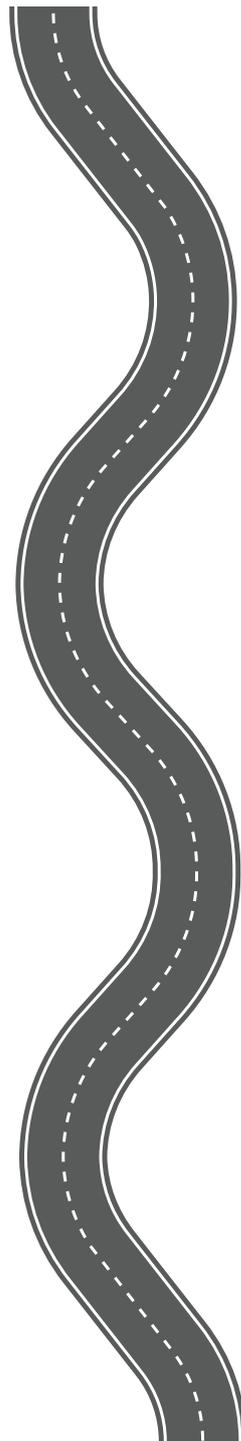
- You can meet up with people for recreation or exercise outdoors
- You can meet up with your own household, your support bubble where this is in place, or one other person from outside your own household.
- You cannot meet or visit people in their own home or gardens unless they are part of your support bubble or within your own household.
- The 'stay at home' rule still applies, you must not travel.

Not before 12 April:

- No additional changes to social contact with family and friends
- The 'stay at home' rule has ended.
- Things to consider: Think about the infection rates in your area and where your friend or relative lives. Is it a high risk? Will you put yourself or them at risk?

Not before 21 June:

- All legal limits to social restrictions between family and friends will be removed, this includes travelling



From 29 March:

- Outdoor gatherings, including in gardens, can commence between six people (rule of six) or two households
- The 'stay at home' rule ends; however, you should minimise the number of journeys you make, avoiding busy times to travel.
- Things to consider: Think about the infection rates in your area and where your friend or relative lives. Is it a high risk? Will you put yourself or them at risk?

Not before 17 May:

- Most legal restrictions on meeting outdoors will be lifted; although, people must not gather in groups of more than thirty outside
- Indoor visiting will commence with the rule of six or two households allowed to meet inside.
- At this stage you can decide on the appropriate level of risk for your visiting circumstances, including in relation to travel.

To keep your loved ones safe, it is important that everyone follows the government's timeline and does not undertake visiting where it is not allowed.

Fines for Breaking the Rules

Where you are found to break the government's COVID-19 rules, the police can act against you. A fine of £200 can be given for your first offence, with this doubling for later offences up to a maximum of £6400.

Tips to Safe Visiting

Once we reach the stage where visiting is allowed, it is important to maintain safe behaviours when doing so. These include:

- Not travelling from a hot spot area
- Not visiting if you are unwell
- Consider having the COVID-19 Vaccine
- Maintaining social distancing
- Meeting people outdoors where possible
- When visiting indoors, ensure the room is well ventilated
- Washing hands or sanitising frequently
- Wearing face coverings where possible
- Getting tested for COVID-19 if you have symptoms

Questions

If you are unsure, please contact the branch and we will be happy to discuss with you how we can support safe visiting.