



# Keeping yourself and others safe: From 19 July

While many restrictions have been lifted, COVID-19 has not gone away so it's important we remain cautious.

By practising key behaviours we can continue to protect ourselves and others and help stop the virus spreading.

## Fresh air

Try to meet others outdoors where COVID-19 particles are blown away. If you are meeting people indoors, open windows to let fresh air in.



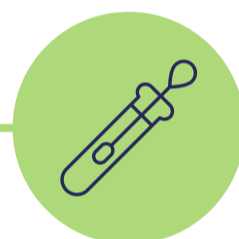
## Face coverings

It is expected and recommended that people wear face coverings in crowded areas such as public transport.



## Handwashing

Wash your hands with soap and water or use hand sanitiser regularly throughout the day.



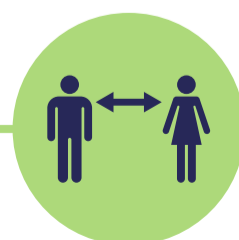
## Testing and self-isolation

If you develop COVID-19 symptoms, however mild, you should get a test and must self-isolate if you test positive or if you are told to by NHS Test & Trace.



## NHS COVID-19 app

Keep Bluetooth contact tracing enabled on your NHS COVID-19 app and use the app to report symptoms, get a test and check in to venues.



## Close contact

Consider limiting close contact with people you do not live with.

For more information, visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)