Around 1 in 3 people with Covid-19 have no symptoms so will be spreading the virus without realising. We must all take action to protect each other and our hospital capacity.

MEETING FRIENDS AND FAMILY
No mixing of households indoors, apart from support bubbles. Maximum of six outdoors.

BARS, PUBS AND RESTAURANTS
Pubs and bars must close, unless operating as restaurants. Hospitality venues can only serve alcohol with substantial meals. Venues must stop taking orders at 10pm and must close by 11pm.

RETAIL
Open.

WORK AND BUSINESS
Everyone who can work from home should do so.

EDUCATION
Early years settings, schools, colleges and universities open. Childcare, other supervised activities for children, and childcare bubbles permitted.

INDOOR LEISURE
Open.

ACCOMMODATION
Open.

PERSONAL CARE
Open.

OVERNIGHT STAYS
Permitted with household or support bubble.

WEDDINGS AND FUNERALS
15 guests for weddings, civil partnerships, wedding receptions and wakes; 30 for funerals.

ENTERTAINMENT
Open.

PLACES OF WORSHIP
Open, but cannot interact with anyone outside household or support bubble.

TRAVELLING
Reduce the number of journeys you make and walk or cycle if possible. Avoid busy times and routes on public transport. Avoid car sharing with those outside of your household or support bubble. Avoid entering a Tier 3 area, other than where necessary such as for work or education. Further exemptions apply.

EXERCISE
Classes and organised adult sport can take place outdoors, but cannot take place indoors if there is any interaction between people from different households. Organised activities for elite athletes, under-18s and disabled people can continue.

RESIDENTIAL CARE
COVID-secure arrangements such as substantial screens, visiting pods, and window visits. Outdoor/airtight visits only (rollout of rapid testing will enable indoor visits including contact).

LARGE EVENTS
Sport, live performances and business meetings limited to 50% capacity or 2000 people outdoors (whichever is lower) and 50% capacity or 1000 people indoors (whichever is lower).

For support and more information visit: gov.uk/coronavirus