

## Bulletin

Boris Johnson says he is squeezing "the brake pedal" on the loosening of lockdown restrictions in England after a rise in cases in some areas and concerns that the R number may be above 1.

### WHAT ARE THE LATEST LOCKDOWN RULES

From August 8<sup>th</sup>:

- Face mask to become mandatory in most public indoor settings i.e. places of worship, museums and cinemas.
- Casinos, Bowling alleys and skating rinks reopening pushed back till further notice.
- Wedding receptions have been pushed back from August 1<sup>st</sup> till further notice.
- Plans to allow limited number of people into theatres and sporting stadiums have been put on hold.

### **NORTHWEST ENGLAND:**

- People in Greater Manchester, East Lancashire and parts of West Yorkshire banned from meeting others from different households in homes or private gardens.
- Socialising with people from other households in indoor public places such as pubs, restaurants, shops and place of worship should also be avoided.
- Care homes should not be visited.

### **LEICESTER:**

- Remaining restrictions to be lifted from August 3<sup>rd</sup> to come into line with rest of England. For example restaurants, cafes, pubs, hotels, gyms, hairdressers currently forced to shut, can reopen.

### THINGS YOU CAN STILL DO:

- Travel with a mandatory face mask on public transport.
- Visit business such as hairdressers, tattooist, spas, tanning salons, and all shops with a face mask.
- Go to pubs and restaurants inside and outside while observing social distance.
- Use outdoors pools and indoors gyms.
- Go on foreign holidays to dozens of countries on a government list without having 14 days quarantine when you return back to England.

**Please wash your PPE as often as possible**

# Coronavirus Update

04/08/2020 10:42pm [www.fortel.co.uk/covid19](http://www.fortel.co.uk/covid19)



For the latest information in Scotland please go to:

[www.gov.scot/](http://www.gov.scot/)

For the latest information in Wales please go to:

<https://gov.wales/coronavirus-regulations-guidance>

For the latest information in Northern Ireland please go to:

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-travel-advice>

For more helpful information please see links below:

World Health Organisation :

[www.who.int/health-topics/coronavirus](http://www.who.int/health-topics/coronavirus)

UK government:

[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

Fortel Group:

[www.fortel.co.uk/covid19](http://www.fortel.co.uk/covid19)

NHS:

[www.111.nhs/covid-19](http://www.111.nhs/covid-19)

Travel guidance:

[www.gov.uk/guidance/coronavirus-covid-19-travel-corridors](http://www.gov.uk/guidance/coronavirus-covid-19-travel-corridors)

Mental Health:

[www.mind.org.uk/information-support/types-of-mental-health-problems/](http://www.mind.org.uk/information-support/types-of-mental-health-problems/)

[www.lighthouseclub.org/construction-industry-helpline/](http://www.lighthouseclub.org/construction-industry-helpline/)

Finance:

[www.understandinguniversalcredit.gov.uk/employment-and-benefits-support/](http://www.understandinguniversalcredit.gov.uk/employment-and-benefits-support/)

Advice:

[www.citizensadvice.org.uk/debt-and-money/if-you-cant-pay-your-bills-because-of-coronavirus/](http://www.citizensadvice.org.uk/debt-and-money/if-you-cant-pay-your-bills-because-of-coronavirus/)

If you are suffering or have any of the symptoms, please do not attend work. Stay at home and contact the NHS via their web site [www.nhs.uk/conditions/coronavirus-covid-19](http://www.nhs.uk/conditions/coronavirus-covid-19)

**Please wash your PPE as often as possible**