

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 <https://www.nhs.uk/conditions/coronavirus-covid-19/>

As recommended by the NHS do not visit your GP, pharmacy or hospital

LATEST BULLETIN

A further 269 people diagnosed with COVID-19 have died in the UK, taking the overall total to 31,855. It is the lowest daily figure since 29th March when there were 214 fatalities in a 24 hours period.

The UK prime minister Boris Johnson addressed the nation on Sunday 10th May 2020 with the following information.

Monday

- Work: Work from home if you can. People who can't work from home should be actively encouraged to go to work - but avoid public transport if possible. Those who can still work from home should continue. Contact your Fortel or SkyBlue representative if you are unsure if you're your place of work has reopened.

Wednesday

- Exercise: "Unlimited amounts" are permitted - not just once a day.
- Getting outside: Sitting in the park, including sunbathing and perhaps a kickabout, is permitted. These activities can be done with one person from another household BUT always sticking to the two-metre social distance rule.
- Driving to places such as parks or beaches is also allowed for outdoor activity - but the travel can only be within England and with members of the same household.
- Playing outdoor sport is permitted with members of the same household. Tennis courts and golf clubs can reopen, so long as social distancing measures are enforced. Other permitted activities include water sports and angling.
- Fines for breaking lockdown rules increase from £60 to £100. Repeat offenders will see the fine double for each subsequent breach to a maximum of £3,200

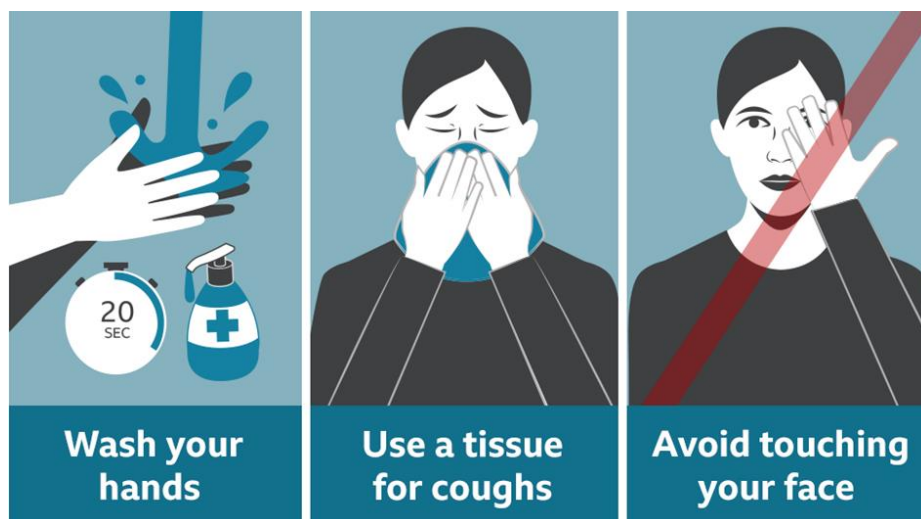
June

- Schools: Some classes could resume, starting with primary reception pupils, Year 1 and Year 6. The prime minister said the earliest return would be 1 June - but teaching unions have expressed serious doubts.
- Secondary pupils with exams next year will hopefully get some time with teachers before the summer, the PM said.

- Shops: A "phased reopening" could begin. Mr Johnson said 1st June would be the earliest possible date and promised more detail to come.

July

- Restaurants and hotels: July is the earliest point at which "some of the hospitality industry and other public places" could re-open, the PM said. But only if "they are safe and enforce social distancing".



LOOKING AFTER YOUR WELLBEING

To help yourself stay well while you're at home:

- Stay in touch with family and friends over the phone or on social media.
- Try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films.
- Do light exercise at home, or outside once a day – see NHS fitness studio: exercise you can do at home. <https://www.nhs.uk/conditions/nhs-fitness-studio/>

ADVICE ON MENTAL HEALTH WHILE YOU'RE STAYING AT HOME:

- [Every Mind Matters: 10 tips to help if you are worried about coronavirus](#)
- [Every Mind Matters: how to look after your mental wellbeing while staying at home](#)
- [GOV.UK: guidance on wellbeing and coronavirus with advice on autism, dementia, learning disabilities, older people, and mental health conditions](#)

PLEASE WASH YOUR PPE AS OFTEN AS POSSIBLE.

Check if you need medical help through the NHS online, who will advise you what to do:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Information: Do not go to a GP surgery, pharmacy or hospital.