

Coronavirus (COVID-19) protection level

Level 3



Meeting people

No meeting people in your home you do not live with.

Up to 6 people from 2 different households can meet outdoors and in public places.



Hospitality (like pubs and restaurants)

Sale of alcohol indoors and outdoors not allowed.

Sale of food allowed indoors.

Takeaways are allowed for food and alcohol.



Accommodation (like hotels, B&Bs, caravan and campsites)

Open with social distancing rules.

Non-essential leisure and tourism use by locals only. Essential (work-related) may continue



Travel

No non-essential travel to or from Level 3 area.

Exemptions for essential travel for work, education, shopping, health etc; outdoor exercise; weddings and funerals; and travelling through restricted areas.

Quarantine arrangements in place when returning from some places abroad.



Transport

Walk, run or cycle where you can.

Avoid non-essential use of public transport.

Avoid car sharing with people outside your household where you can.

Wear face coverings on public transport, unless you are exempt.



Shopping

Open.



Close contact services (like hairdressers, tailors, beauticians)

Open but may have extra protective measures.

Mobile services not allowed.



Public buildings (like libraries)

Open with protective measures.



Stadiums and events

Not allowed and closed to spectators.



Worship

Open but limited to 50 people.



Life events

Wedding and civil partnerships: limited to 20 people.

Funerals: limited to 20 people.

Wakes and receptions allowed but limited to 20 people.



Early learning and formal childcare

Allowed with protective measures in place.



Informal childcare

Allowed if following household numbers guidance. Children only may enter other households.



Schools

Open with protective measures in place.



Colleges and universities

Restricted blended learning (in-person and online teaching).



Driving lessons

Allowed.



Sports and exercise

indoor: individual exercise only (under 18s not included).

Outdoor: all allowed except adult (18+) contact sports (professional allowed).



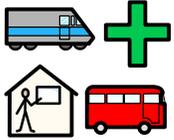
Leisure and entertainment

Closed.



Visitor attractions

All open or outdoor only open, depending on circumstances.



Public services

Essential face to face services only (online where possible)



Children activities (like youth clubs and children's groups)

Different restrictions apply.



Support services (like mental health, counselling, day services)

Allowed but online where possible.



Offices and call centres

Essential only - work from home.



Other workplaces

Open but working from home by default, where possible.



Shielding

Contact with others: limit meeting people outside your own household and avoid indoor public spaces.

Shopping: strictly follow the guidelines when shopping and limit the number of times you go to shop. Shop at quieter times if you can.

If you cannot work from home: speak to your employer to ensure all appropriate protections are in place. If they are not, discuss getting a fit note with your GP or clinician.

School/formal childcare: parents or guardians should discuss with their GP or clinician whether children should still attend.