

# TIER FOUR RULES

Help stop the spread of COVID-19 



**No mixing of households**, apart from support bubbles.

Maximum of two people can meet in some outdoor public spaces e.g. parks or public gardens. You can leave home to exercise by yourself, with your household or support bubble, **or** one person from another household.

Everyone who **can** work from home must do so.



Early years, schools, colleges and universities will follow national guidance.

Children **can** move between homes if their parents are separated.

Registered childcare, supervised activities for childcare purposes and childcare bubbles **are allowed**.



Hospitality, e.g. pubs and bars are **closed**, except for sales by takeaway, drive-through or delivery. Indoor entertainment, indoor leisure, personal care and accommodation settings are **closed**.

Places of worship are **open**. Essential shops can **open**. Non-essential retail can only open for click-and-collect and delivery.



Whenever you are out of your home, remember **'Hands. Face. Space'**:

Hands – wash your hands regularly and for 20 seconds

Face – wear a face covering over nose and mouth in indoor settings

Space – stay 2 metres apart from people you do not live with where possible



**Get tested if you have symptoms:** a high temperature; a new continuous cough; a loss of, or change to, your sense of smell and taste.

If you or anyone you have been in close contact with has symptoms, follow the guidance on self-isolation.



**You must only travel** for work, education, medical treatment, or caring responsibilities.

If you must travel, stay local and reduce the number of journeys.

**You must not leave a Tier 4 area** or stay overnight away from home.