

LET'S STOP THE SPREAD

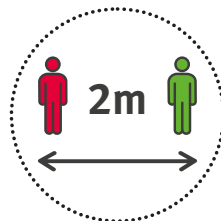
Staying safe



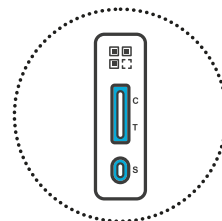
**Wash your
hands often**



**Wear a face
covering**



**Keep your
distance**



**Get
tested**

Keep washing your hands, wearing a face covering and staying two metres away from people outside of your household. These are some of the simplest yet most effective measures you can take to protect yourself against Covid-19.

Meet with friends and family outdoors in your garden or in a public space. Fresh air helps move the virus away from you, so it's much safer than meeting people indoors.

Get tested

Everyone in England without symptoms can now take free Covid-19 tests twice a week.

You can choose whether to get tested by:

- ordering self-test kits to your home
- collecting self-test kits from participating libraries, test centres or pharmacies.

You may also have the option of getting tested through workplace testing programmes or at schools and colleges.

Visit www.essex.gov.uk/getting-tested-for-covid-19 to find out about the testing options in your area. If you need help to book or assistance with a test, call **119**.

Please follow the testing instructions to log your result every time.

If you have symptoms or test positive from a self-test kit, you must book a test on www.gov.uk/get-coronavirus-test or call **119**.

Get vaccinated

Please get vaccinated when you are invited. If you have concerns, talk to your GP or the Essex Wellbeing Service on **0300 303 9988**.

Visit www.essexcovidvaccine.nhs.uk

To request this leaflet in a different format or language, please email ECC.Equalities@essex.gov.uk or call **03457 430 430**

Getting support

Financial support if you need to self-isolate

The government says that you must self-isolate if:

- you have symptoms that may be caused by Covid-19, including if you are waiting for a test
- you've had a positive Covid-19 test result (whether or not you have symptoms)
- you currently live in the same household as someone with Covid-19 symptoms, or with someone who has tested positive for Covid-19

You may be eligible for a £500 support payment if you need to self-isolate.

To find out more and apply, visit

www.essex.gov.uk/support-if-you-are-self-isolating

Mental health and wellbeing support

If you or someone you know is struggling, there are services that can help. Visit www.essex.gov.uk/staying-well to find mental health and wellbeing support.

Sign up for our monthly newsletter for more updates:

www.essex.gov.uk/your-essex

Visit our website www.essex.gov.uk/coronavirus



Essex County Council



Roadmap out of lockdown in Essex

Current restrictions: Rule of 6 or two households outdoors but no household mixing indoors

Keep working from home if you can

International holidays not allowed



Rule of 6 outdoors

OR



2 households outdoors



Non-essential retail and outdoor hospitality reopen

Our favourite places and spaces are back! Discover how you can support local businesses at www.essex.gov.uk/love-local

Hairdressers, barbers and salons reopen

It's time to fix those lockdown locks – book yourself in at a local salon for some much-needed 'you' time.



Outdoor attractions reopen

Browse activities, attractions and other-worldly experiences at www.visitessex.com



Gyms and leisure facilities reopen

Head to the gym on your own or with household members. If you're yet to renew your membership, try an online workout at www.activeessex.org

Local overnight stays and self-contained accommodation allowed

www.visitessex.com has the low-down on all the best local getaways and accommodation.

Remember, you can only stay with your household.



30 people at funerals and 15 people at wakes, weddings and receptions

For more information on funerals and weddings, visit www.essex.gov.uk/births-ceremonies-deaths

All children's activities and indoor parent & child groups allowed (up to 15 parents)

Find nurseries, playgroups, crèches and more at www.essex.gov.uk/find-a-childcare-provider



Libraries reopen

Our libraries are ready to welcome you back. Most are open from 9am to 5.30pm in the week, plus reduced hours on Saturdays. One library in each area is open until 7pm during the week, too. Check your local library's hours at libraries.essex.gov.uk



The Lock Climbing Wall reopens

The best view comes after the hardest climb – find out for yourself at the Lock Climbing Wall! Book at www.essexoutdoors.com

Park and Ride services at Sandon and Colchester restart

Find out more at www.essex.gov.uk/publictransport Follow [@essexhighways](https://twitter.com/essexhighways) for travel updates.



Business support grant applications

We've committed more funding to support local businesses during the pandemic. Visit www.essex.gov.uk/financial-support-for-your-business



Country parks and heritage locations are open

Visit a country park or outdoor heritage location with up to five friends. Uncover all the secret spots around the county at www.explore-essex.com

ACL community learning

ACL Essex has started welcoming back learners and staff. Its online courses are open to everyone at www.aclessex.com



Monday 3 May – Bank Holiday

Monday 17 May (or after): Rule of 6 or two households indoors and 30-person limit outdoors

Keep working from home if you can



Indoor hospitality reopens

Get together with up to five friends indoors or find more ways to support independent businesses at www.essex.gov.uk/love-local

Organised indoor adult sport restarts

Get involved – search for an activity or club near you at www.activeessex.org/getting-active



Remaining outdoor entertainment and performances restart

Indoor entertainment such as museums, cinemas and children's play areas reopen



Some large events allowed, with capacity limits

From food festivals to craft fairs, there's something for everyone at www.visitessex.com/whats-on



Overnight stays allowed with people outside of your household

Hotels, hostels and B&Bs reopen – book a getaway with friends and family at www.visitessex.com

30 people allowed at life events

For more information on weddings and funerals, visit www.essex.gov.uk/births-ceremonies-deaths



Chelmer Valley Park and Ride service restarts

Find out more at www.essex.gov.uk/publictransport Follow [@essexhighways](https://twitter.com/essexhighways) for travel updates.

School Holiday Activity Days

Essex Outdoors has reopened to school groups. Visit www.essexoutdoors.com to find out more.

Monday 31 May – Spring bank holiday and summer half-term begins

Monday 21 June (or after): All legal limits on social contact and life events end

Nightclubs reopen

Larger events restart

No legal limits on life events

Thursday 22 July – School summer holidays begin