

# 23rd February 2021

## Daily News and Keeping Well Tips



Inclusion North will give you the Government's big messages here.

### The plan to get out of lockdown

On the television last night, the Prime Minister Boris Johnson talked about getting the country out of lockdown.



The number of people catching the virus is going down.

The number of people going into hospital with the virus is going down.



The number of people who have had the vaccine is going up.

The vaccine is helping to stop people catching and getting very ill with the virus.



These are all good things that are happening.

Even if you have had a vaccine, you must still follow the rules.

**Hands** Keep washing your hands more often

**Face** Wear a face mask when your out if you can

**Space** Try to stay 2 metres away from other people when you are not at home



You should work from home if you can until at least 21<sup>st</sup> June.



Getting out of lockdown will be slow.

The whole country will follow the same rules.

When things start to open it takes about 4 weeks to see if the number of people catching the virus is still going down.

**Every time the lockdown rules change there are 4 things that will be checked**

1. Check that the number of people getting the vaccine is going up.
2. Check the number of people who have the virus and go into hospital or have died is going down.
3. Check the number of people who are catching the virus is going down.
4. Check for any new types of the virus that might make the number of people catching the virus go up.

**There are 4 stages to getting out of the lockdown.**

**Stage One**

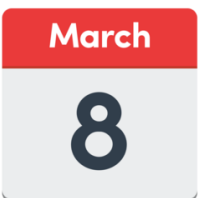
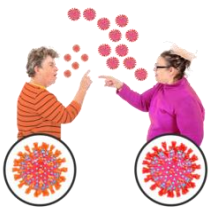
**March 8<sup>th</sup>**

**Schools and Colleges**

Schools and colleges will open on the 8<sup>th</sup> March.

You can exercise outdoors with one other person or the people you live with.

People who live in a care home can be visited by one person of their choice.





**29th March**

### **Meeting other people outside**



You can meet outside in a group of up to 6 people.

This is people from your house and people from one other house.



### **Outside sports facilities open**

Sports facilities that are outside like golf courses can open.

## **Stage Two**



**12th April**

### **Non Essential Shops, Personal Care, Sports and Activities**



All shops, libraries and community centres can open.

Hairdressers and Beauty salons can open.

Outdoor restaurants and takeaways can open.

Gyms, leisure centres and swimming pools can open.

Indoor sports and activities for up to 15 people can open.

Outdoor theme parks and zoos can open.

You can go on holiday with the people you live with as long as you stay in a holiday home or caravan where there are no other people staying there.





## Stage Three

17<sup>th</sup> May

You will be able to socialise with more people inside and outside.



Places like museums, cinemas, bowling alleys, hotels and Bed and Breakfast will open.



Some theatres and sport stadiums might be able to open for things like football or concerts.

Going on holiday abroad might be allowed.

## Stage Four



21<sup>st</sup> June

All lockdown rules should end.



People will be able to meet other people where they want to.

Anything that is not open can open like nightclubs.

Large events like weddings, christenings, parties, festivals, concerts should be able to happen.



**We will give you more details about Stage 3 and Stage 4 nearer the time**



## Keeping Well Tips



Plant some seeds maybe from a tomato or a pepper and see if they grow.



You will need to keep these inside on a windowsill and water them every few days.