



UK Governments COVID-19 Recovery Strategy

What can Derbyshire Residents do from WEDNESDAY 13th MAY?

We are now in a new phase in the Coronavirus pandemic. [Changes announced yesterday](#) show a subtle shift in what we, as Derbyshire residents can do. Importantly, there are no drastic alterations which should hopefully minimise the risk of a second wave of the virus.

The new changes allow us to exercise more and further from our homes. They underline the need to work from home where possible and the increased importance of following all hygiene advice.

We would like to thank you for all you've done so far; this new plan needs us all to work together to prevent a rise in cases and further deaths.

We are all in this together and we can make a difference.

Some Things are UNCHANGED

- 1) **If you develop symptoms, however mild, you and your household should [self-isolate](#)**
- 2) **You should [protect yourself](#) and your household from the virus**
 - Keep your hands and face as clean as possible. Wash your hands, avoid touching your face
 - Keep your distance. Keep 2 meters away from other people. Avoid crowds
 - Avoid being face to face with people outside your household.
 - Wash your clothes regularly
 - Keep indoor places well-ventilated; open the windows when you can.
- 3) **If you are in the higher risk group e.g. > 70s or pregnant you should continue to take *extra care* with the above measures**
- 4) **If you have received a letter, or been informed by your doctor, that you are in the ['SHIELDED'](#) group you should continue to stay at home.**

There have been some [SUBTLE CHANGES](#)

- 1) **Workers should continue to work from home [BUT](#)**
 - If you are unable to work from home, you can travel to work [IF](#) your workplace is permitted to be open
 - Workplaces should be ['COVID-19 Secure'](#) by ensuring appropriate protection for employees e.g. social distancing, personal protection, keep workspaces well ventilated
 - You should AVOID public transport where possible aim to cycle / walk to work
- 2) **You can now exercise as many times each day as you wish.**
 - You can drive to open spaces within England to exercise
- 3) **You can now meet up with one other person from outside your household.**
 - Provided you maintain social distancing rules i.e. keep 2meters apart
- 4) **People should aim to wear a homemade cloth face-covering** in enclosed spaces where social distancing might not be possible e.g. on public transport or in some shops. You can find out how to make one [here](#).

The exceptions are children <2 and those who may find it difficult to manage them correctly e.g. primary age children unassisted, or those with respiratory conditions.

Think HANDS

Think FACE

Think SPACE

STAY SAFE