



This information explains some of the things that will change from the 4th of July in England.



What can I do that I could not do before?



You can meet in groups of up to two households. A household is a group of people who live in the same house.



Your support bubble counts as one household.



If there is only one adult in your house you can link up with one other household. This is called making a **'support bubble'** and means you are able to meet indoors or outside.



You can meet in any location that is public or private, indoors or outdoors with people in your support bubble.



You should still socially distance from anyone not in your household or support bubble.



This change does not affect the support you get from your carers or support workers.



When you are outside you can meet in groups of up to **6** people from different households so long as you follow social distancing guidelines.



Businesses like restaurants, pubs, cinemas, hotels, and campsites will be able to open.



Businesses where the risk of catching the virus is higher will need to stay closed for now.



Other public places like libraries, community centres, places of worship, outdoor playgrounds and outdoor gyms will be able to open.



You will be able to stay overnight away from your home with your own household or support bubble, or with members of one other household.



It will be against the law to meet in groups of more than 30 people, except for in special circumstances.



Some things you should not do:

You should not meet indoors in groups of more than two households.



Your support bubble counts as one household. This includes when eating out or going to the pub.



You should not meet outdoors in a group of more than 6 people from different households.



You should not go up and talk to people outside of the group you have gone out with.



This means even if you see other people you know, for example, in a restaurant or community centre who aren't in your group, you should not go and spend time with them.



You should not hold parties or gatherings where it is hard to keep to social distancing.



You should not stay overnight away from your home with members of more than one other household.

Remember -your support bubble counts as one household.



Some helpful answers to questions you might have.

When you leave your home, you should follow the [guidelines on staying safe outside your home](#).



Can I visit someone who is classed as vulnerable?

We know that people 70 and over, pregnant women and people with underlying conditions can catch coronavirus more easily.



The government has advised them to take extra care to avoid contact with other people.



You should never take a chance on visiting a vulnerable person if you think you have Coronavirus symptoms even if they are mild.



Never visit a vulnerable person if you have been told to isolate by NHS Test and Trace because you have been in contact with someone who has coronavirus.



If someone is classed as clinically extremely vulnerable and being asked to shield, you should follow the [guidance for a shielded person](#).



How far can I travel?

You can travel as far as you like, but you should make sure you are very careful about washing your hands if you stop on the way.



You should still try and avoid using public transport and should cycle, walk or drive instead if you can.



If you visit other parts of the UK like Scotland, Wales or Northern Ireland, you must follow the rule of that country at all times.



Can I go on a day trip?

Yes, day trips to outdoor open space are allowed.



You should social distance from other people outside your household or support bubble.



You should carry on not using public transport if you can.



Remember to wash your hands when you have been out.



Can I pray at a place of worship?

Yes, from the 4th of July, places of worship can open for services and group prayer



You will be able to pray on your own or hold a religious ceremony for a group of people in a place of worship.



When you go to a place of worship, for ceremonies or services, it is important to make sure you still follow the social distancing guidelines.

Does this guidance apply across the UK?



This guidance applies in England.

People in Scotland, Wales and Northern Ireland should follow the rules in those parts of the UK.

If you live in Scotland, Wales or Northern Ireland the information on rules in those countries is available here:



- [Scotland guidance](#)
- [Wales guidance](#)
- [Northern Ireland guidance](#)