

**There are actions you can take to reduce the chance of spreading COVID-19 and to reduce the risk of new variants developing and spreading. This advice will help protect our friends, families, and communities, including those who have been vaccinated. This includes:**

- choosing to limit the close contact you have with people you do not usually live with. The more people you are in close contact with – particularly if they are from different households– the higher the chances of you catching or passing on COVID-19. Remember that even brief contact can spread COVID-19 and there is no such thing as a fully safe period of close contact
- wash your hands or use hand sanitiser regularly throughout the day and, where possible, avoid touching your eyes, nose or mouth
- cover your mouth and nose with a tissue when coughing or sneezing or use the crook of your elbow (not hands) to cough or sneeze into. Dispose of tissues in a rubbish bag
- the Government expects and recommends that people wear face coverings in crowded areas
- avoid meeting people in spaces with a limited flow of fresh air such as rooms without ventilation or windows that are never opened
- if you have not yet received the vaccine, you should get vaccinated. Consider whether you and your loved ones are fully vaccinated and whether there has been time for the vaccine to take effect before being in close contact. Remember, vaccines reduce (but do not eliminate) the chances of catching COVID-19 and passing it on, and of serious illness
- get tested twice a week as per the government’s current testing advice, even if you don’t have symptoms. Testing regularly will help to reduce risk, particularly before meeting people from outside your household. You must self-isolate if you test positive
- staying at home when unwell, get tested and self-isolate. If you develop symptoms self-isolate immediately and get a PCR test, even if your symptoms are mild
- remind attendees to be mindful that some people are more vulnerable than others. The risks from COVID-19 and therefore of close contact are greater for some people than others, for example because they are clinically extremely vulnerable, pregnant or older. Ensure attendees are aware if there are clinically extremely vulnerable people attending and the need to be respectful of others wanting to avoid close contact
- it is important to consider that others may wish to take a more cautious approach as we open up. We should all be considerate of this, and provide the opportunity and space for others to reduce close contacts if they wish.

**You should always make space for other people to keep their distance if they want to.**