

**Alert Level 2**  
**What you need to do to stay safe and keep well**  
**8 September 2021**

**1. You can go to work and school from Thursday 9 September 2021**

**2. Keep a 2-metre distance from other people everywhere**



**3. Scan using the QR code everywhere you go**



**4. Wear a face covering/mask everywhere**  
– in the mall, church, mosque, bus, train, shopping etc (everyone over 12 years )



**5. If you are sick stay at home and get a test too**



**6. Get tested if you have symptoms of Covid-19 – this could be**

- a cough
- a high temperature (at least 38°C)
- shortness of breath
- a sore throat.
- sneezing and runny nose.
- temporary loss of smell.

**Call Healthline 08003585453 or your GP for advice**



**7. Indoor groups 50 people maximum – must QR scan, wear a mask, stay 2 meters apart, keep a record**

**8. Outdoor groups 100 people maximum – must QR scan, wear a mask, stay 2 meters apart, keep a record**

