

## **Social, outdoor activity and exercise**

### **I live with someone who is a key worker. Should I avoid coming in to contact with them?**

Where people can work from home and it is practical - even if they fall into one of the categories of key workers - then they should do so.

Everyone, including key workers and their households, must follow public health advice. That means that if they have symptoms they too should stay at home for 7 days, or 14 days if a member of the household has symptoms.

### **Can my boyfriend/girlfriend come over for the night?**

We appreciate that our social distancing measures will have considerable impacts on people's lives but the most pressing issue of paramount importance must be public health.

We are therefore saying that all non-essential contact with those outside of your household must be stopped. And if anyone has symptoms they should stay at home for 7 days, or 14 days if a member of the household has symptoms.

### **Can my friend come over for supper for the evening? It will just be the two of us and we will keep 2 metres apart?**

All non-essential contact with those outside of your household must be stopped. This includes avoiding gatherings with friends and family.

### **Can I exercise?**

We advise that this is limited to outdoor exercise once a day – like a walk, a run or a bike ride. But do this by yourself or with your household, not in groups.

It is important to do this responsibly, keeping at least 2 metres apart from others at all times. People should not congregate and gather in parks or on the streets.

- Physical activity is important. Being active in a way that is right for you, can improve your physical health, help manage stress and anxiety but the social distancing guidelines have to be adhered to.
- The Government wants people to remain fit and active. But it may be that people have to find new ways to remain active, in their own homes or by exercising alone.
- People should not congregate and gather in parks or on the streets.

### **Can I meet my friend and go for a walk with them if we keep 2 metres apart?**

We ask that you reduce your social contact as much as possible

We encourage you to exercise once a day – like a walk, a run or a bike ride, but it is safest to do this by yourself or with members of your household only, not in large groups.

It is important to do this responsibly, keeping at least 2 metres apart from others at all times.

### **What about private squares in my apartment block?**

You can use communal outdoor space including private squares, but it is important to do this responsibly, keeping at least 2 metres apart from others at all times. People must not congregate and gather in these spaces.

### **What about communal living spaces in my block? Can I use them?**

Unless absolutely necessary, you should avoid communal living spaces and stay in your home. This will help protect the NHS and save lives.

### **How many people from one household are allowed out for a walk at the same time?**

All members of a household are allowed out. Our intention is to minimise social contact *between* households. As per PHE guidelines, if one person in a household ought to be self-isolating, *all* members of that household ought to be self isolating.

While people in the same household can go on a walk together, they need to adhere to the social distancing guidelines and not come into unnecessary contact with others.

### **I'm at home with three children – can we all go out together?**

All members of a household are allowed out. Our intention is to minimise social contact *between* households. As per PHE guidelines, if one person in a household ought to be self-isolating, *all* members of that household ought to be self isolating.

While people in the same household can go on a walk together, they need to adhere to the social distancing guidelines and not come into unnecessary contact with others.

### **Can I go to a holiday home/take a staycation?**

People who have recently arrived at a holiday destination or second home should look to return to their primary residence as soon as possible, but only if they can do so safely and in compliance with the social distancing guidance.

### **Are you suggesting people can't go to their second homes?**

Leisure trips are not essential travel and we are strongly advising that people stay at home where they are now to reduce pressure on NHS services.

The government has been clear about the need for everyone to follow the latest social distancing guidance and that applies wherever they are in the UK.

### **Are you going to lock down London so people can't move around the county?**

No. The government is strongly urging everyone to follow the latest social distancing guidance and avoid unnecessary travel in line with advice from public health experts.

**What's your message to holiday companies trying to make money off of this?**

Leisure trips are not essential travel and we are strongly advising that people stay at home where they are now to reduce pressure on NHS services.

The government has announced a huge package of measures and recognises that many businesses don't have insurance for pandemics. But the Chancellor has made cash grants available to help businesses bridge through this period.

Business Rates holiday for retail, hospitality and leisure: All eligible businesses, large and small, in the retail, hospitality and leisure sectors will pay no business rates in England for 12 months from 1 April 2020.

This support is worth over £9.5bn to businesses, on top of the package announced at Budget.

The holiday will be reflected in bills by local authorities as soon as possible and local authorities will be fully compensated for the cost of this measure.

**Those who need to shield, isn't this a good way to do it?**

Those who are at the highest risk of being hospitalised by the virus are urged to shield themselves and stay at home, staying away from all social contact. Full guidance on who this affects can be found on [gov.uk](https://www.gov.uk):

<https://www.gov.uk/government/news/major-new-measures-to-protect-people-at-highest-risk-from-coronavirus>