

From Lancing & Sompting U3A Committee (extrapolated from latest U3A National Office Newsletter Express) **30th June 2020**

You should **not** leave your home to take part in U3A activity if government advice means that you should stay at home or if you or anyone in your household has symptoms of Coronavirus

### **1.1 Changes that come into effect on 4 July for the general public who are fit and well:**

The government recommends that you keep two metres away from people as a precaution or from 4 July, one metre plus when you can mitigate the risk by taking other precautions. These include:-

- Keep your distance from people outside your household
- Avoid being face-to-face with people if they are outside your household or support bubble Keeping your hands and face as clean as possible
- Keep indoor places well ventilated
- Avoid crowded spaces
- You should walk or cycle wherever possible. If you have to use public transport, you should try to avoid peak times.
- Wear face coverings on public transport and if you can, you should also wear a face covering in other enclosed public spaces where social distancing is limited and where you will come into contact with people you do not normally meet
- When entering and using business or public premises, follow the advice on site list of precautions can be found in full here:

<https://www.gov.uk/government/publications/staying-safe-outside-your-home/staying-safe-outside-your-home>

### **1.2 Outdoors**

When you are meeting outside you can continue to meet in groups of up to six people from different households, following social distancing guidelines [see 1.1] Government advice is that:

- you should limit your interactions with people outside of your household or your support bubble (if applicable) as much as possible
- you should continue to follow strict social distancing guidelines
- you should take hygiene precautions by washing your hands as soon as you are home for at least 20 seconds , use hand sanitiser when you are out, use a tissue when sneezing and dispose of it safely and cough into the crook of your elbow
- you should only form a support bubble with one other household, should not

- change or add to your support bubble once formed, and must only form a support bubble with another household if you or they are in a **single adult household**
- you should access private gardens externally wherever possible – if you need to go through someone else’s home to do so, avoid touching surfaces and loitering
- you should avoid using toilets in other people’s home (outside of your support bubble) wherever possible and wipe down surfaces after every use
- you should wipe down any surfaces or door handles people from outside of your household or support bubble come into contact with if walking through your home

### **1.3 Indoors**

Whether you are in your home or another persons home or in any indoor area that is now allowed to open you are restricted to meeting with one other household.

**It is therefore unlikely that a U3A interest group could meet indoors as a result of the “only two households” restriction.**

Meetings of multiple households indoors is not permissible at this time because of the risk of creating greater chains of transmission.

### **1.4. People aged over 70 and those who are clinically vulnerable**

When you are meeting outside you can continue to meet in groups of up to six people from different households, following social distancing guidelines [see 1.1]

You should be especially careful and be diligent about social distancing and hand hygiene.