

# PLAY YOUR PART

We are still in a national lockdown, please follow the current rules to keep you and your family safe

Even if your child is currently attending school for face to face learning or they are learning remotely from home - the same lockdown rules apply

## DO

- ✓ Try to stay at home as much as possible
- ✓ Exercise just with your household, or if alone you can meet just one other person (not household)
- ✓ Remind children they must socially distance when not at home (even if they are currently in a bubble at school)
- ✓ Stay in your local area if you have to go out for essentials
- ✓ Remember 'Hands, Face, Space'

## DON'T

- ✗ Mix with people outside of your household or support bubble
- ✗ Allow older children to meet up with more than one friend for exercise (even if they are currently in a bubble at school)
- ✗ Have play dates with friends
- ✗ Have sleepovers
- ✗ Allow children to touch or hug their friends if you do happen to bump into them
- ✗ Take children to the shops unless you really have to

*Thank you for playing your part to keep our communities safe*

For more information go to  
[www.hertfordshire.gov.uk/coronavirus](http://www.hertfordshire.gov.uk/coronavirus)

