

# TIER 3

## But what does it mean?!?

COVID-19 TIER 3 VERY HIGH

In place from 2nd December 2020

### Do...

#### Stay safe!



If you have to go out

#### Wash hands



Wash your hands regularly

#### Cover face



Wear a mask

#### Make space



Keep 2m apart from others

#### Rule of six



Meet up to 6 people in public parks but not in private gardens

#### Education



Go to School, College, University

#### Work



Go to work, or work from home if you are able

#### Medical



Attend medical appointments if necessary

#### Meet others



Meet people from outside of your household indoors

#### Space



Don't forget about social distancing, MAKE SPACE!

#### Travel



Travel outside of Coventry if you don't have to, reduce the amount of journeys you make

#### Food and drinks



Go to pubs and restaurants - THEY ARE CLOSED

#### Youth Groups



Go to Youth Centres and engage in Youth Work Activities

#### Sports



Take part in organised sports activities outdoors

#### Gyms



Gyms are open but not for group exercise or sport indoors

#### Shopping



Use shops and local businesses

#### Events



Attend large events with lots of people

#### Transport



Don't use public transport (buses, trains) if you don't have to

#### Hair



Visit Hairdressers & Barbers following social distancing rules

#### Food



Use Takeaway, Drive Through or Delivery food services

#### Worship



Visit places of worship with people in your household

#### Mental Health



Take care of your own mental health and ask for support if you need it

#### Entertainment



Go to cinemas or other places for entertainment, including tourist attractions (e.g theme parks) THEY ARE CLOSED

#### Holidays



Go away on holiday, use hotels, Air BnB's or stay overnight anywhere that isn't your own home

### Don't...