

- spending time outside exercising, playing, sitting or resting. This can be in a public open space as often as you choose. You can do this alone, with other members of your household, or with one other person from outside your household. (You should keep 2 metres away from anyone from outside your household at all times). If you are shielding (<https://web.archive.org/web/20200525193644/https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/covid-19-guidance-on-protecting-people-most-likely-to-get-unwell-from-coronavirus-shielding-young-peoples-version>) you should restrict any time outside to private outdoor space or garden.
- growing and looking after plants indoors or outdoors, if you have space
- limiting your time reading the news or being on social media, as this can make you feel more worried or anxious

Look at the advice and tips on these websites for young people if you feel like social distancing is affecting your mental health negatively.

- Rise Above (<https://web.archive.org/web/20200525193644/https://riseabove.org.uk/tag/mental-health/>)
- Young Minds (<https://web.archive.org/web/20200525193644/https://youngminds.org.uk/>)
- Shout (<https://web.archive.org/web/20200525193644/https://www.giveusashout.org/resources/>)
- Childline (<https://web.archive.org/web/20200525193644/https://www.childline.org.uk/>)

2.5 If you have divorced or separated parents

If you live across 2 families, because, for example, your parents live in different homes, you can move between both if you are under 18.

You are not allowed to move between houses for any other reason, such as moving between home and any second homes or student accommodation (unless you are a student making a permanent move). When moving between households, it is very important to follow the guidelines on handwashing and personal hygiene set out above in this document.

3. Travelling

If you do have to travel, you should walk or cycle as much as you can. This will help reduce the risk of infection, is healthy and is also better for the environment. You can also use scooters, rollerblades, or skateboards, or travel by horseback. To protect the NHS, take all normal safety precautions during these activities, and avoid any situation which is likely to cause an accident.

If you are travelling longer distances, you should do this by private vehicle if you can.

Consider all other forms of transport before using public transport, including buses, trains, trams and the underground. If you have to use public transport because there is no other option, you should use a face covering to cover your nose and mouth, as described in the above guidance, and should stay 2 metres away from other people where possible.

4. Visiting public places

You can exercise or play outside as often as you like. You can also sit and rest outside. Exercise or play can be alone, with members of your household, or with one other person from outside your household. You should keep 2 metres apart from any other person from outside your household at all times.

You can travel in a car to exercise in an open space. You should still avoid places that are likely to be busy, or where you might have to touch surfaces.

This guidance is only applicable in England. In Wales

(<https://web.archive.org/web/20200525193644/https://gov.wales/leaving-home-exercise-guidance>), Scotland

(<https://web.archive.org/web/20200525193644/https://www.gov.scot/publications/coronavirus-covid-19-staying-at-home-and-away-from-others/pages/exercise/>) or Northern Ireland

(<https://web.archive.org/web/20200525193644/https://www.nidirect.gov.uk/articles/coronavirus-covid-19-staying-home-and-self-isolation/>):

- You can go outside for exercise, as often as you like, for example a run, walk or cycle alone or with members of your household. You should stay 2 metres away from other people at all times while exercising outside.
- You must not go outside for other activities such as sitting, sunbathing, or activities like football.
- In Wales, you must exercise locally.

5. Businesses and venues

At the moment, many businesses are required by law to stay closed to the public.

These include most public places like:

- youth centres
- community centres
- gyms and leisure centres
- places of worship
- libraries
- cinemas
- hairdressers
- restaurants (except for takeaways)

Places that may be open include:

- shops and markets that sell food
- hardware and DIY stores
- garden centres

Outdoor sports facilities may also be open. These include tennis and basketball courts, golf courses and bowling greens. You should only use these alone, with members of your household, or with one other person from outside your household (from whom you are advised to remain two metres apart at all times). If you are sharing a ball or other equipment with someone else, wash your hands before and after use.

6. Going to other people's houses

You cannot visit another person's house for any reasons other than:

- going to the house of another parent or guardian if you normally move between separate houses and if you are under 18
- going to child care if your parent or guardian(s) is a critical worker
- if you are a carer for a vulnerable person