**New normality: stages of lifting restrictions related to COVID-19**

Some safety rules will change from April 20. More people will do shopping in the store at one time, we will enter the forest and park for recreational purposes and young people over 13 will be able to move without adult supervision. We take cautious actions aimed at returning our citizens to normality, as well as unfreezing the Polish economy. This process will be divided into stages - so as to maintain the maximum safety of citizens. We want the citizens to use the new regulations wisely.

Basics of the new normality - the most important permanent safety rules

Above all, we care about the continued protection of citizens which is why we will all have fixed safety rules. They must become the basis of the new normality. These are:

• maintaining a 2-meter distance in public places from others,

• obligatory covering of the nose and mouth in public places,

• maintaining online work and education wherever possible,

• strict observance of the sanitary rules in places where people are gathered (disinfection and maintaining a proper distance),

• quarantine and isolation for infected or potentially infected persons.

**THE FIRST STAGE - FROM APRIL 20, 2020**

**Economic activity - new rules in trade and services**

From Monday 20 April more people will shop in the shop at one time:

• in stores smaller than 100 m2 a maximum of as many people will enter as the number of all cash registers or payment points multiplied by 4.

• in stores larger than 100 m2 there must be at least 15 m2 of space per 1 person

**Social life - open forests, recreation, older youth on the streets without adults**

• Moving for recreational purposes

We will also enable movement for recreational purposes. What does it mean? From April 20 you will be able to enter forests and parks as well as run or ride a bike - if your mental condition depends on it. Remember, however, that you can stay outside only if you keep social distance and cover your face!

**Warning!** Playgrounds are still closed!

• Religious worship - 1 person per 15 m2

The number of people who will be able to attend mass or other religious ceremony will depend on the church space. In church, there will have to be at least 15 m2 of space for 1 person.

Gradual lifting of restrictions - subsequent dates shall be determined after the analysis

The Ministry of Health will carry out weekly evaluation of changes that occur in safety rules. The transition to further stages of lifting the restrictions will depend on:

• increase in the number of cases (including the number of people in a severe condition),

• efficiency of health care (especially hospitals with one name)

• implementation of sanitary guidelines by responsible entities.

This means that we will be able to speed up the restrictions lifting and slow down changes!

What are the next planned stages of removing the restrictions?

**THE SECOND STAGE**

Economic activity:

• Opening of construction stores at the weekends

• Opening of hotels and other accommodation with restrictions

Social life

**• Opening of some cultural institutions: libraries, museums and art galleries**

**THIRD STAGE**

Economic activity:

• Opening of hairdressers and beauticians

• Opening of stores in shopping malls with significant restrictions

• Gastronomy - enabling stationary activities with restrictions

Social life

• Sporting events up to 50 people (in an open space, without audience participation)

• Organization of childcare in crèches, kindergartens and school - 1-3 classes - maximal number of children in the room.

**FOURTH STAGE**

Economic activity:

• Opening of massage salons and solariums

• Enabling gym and fitness club activities

Social life

• Theatres and cinemas in the new sanitary regime

The next stages of returning to normality will be introduced gradually when the incidence increase in our country is low. This does not mean, however, that we should give up social discipline and comply with applicable restrictions. Remember that it depends on us how soon the next stages of returning to the new reality will be introduced!