

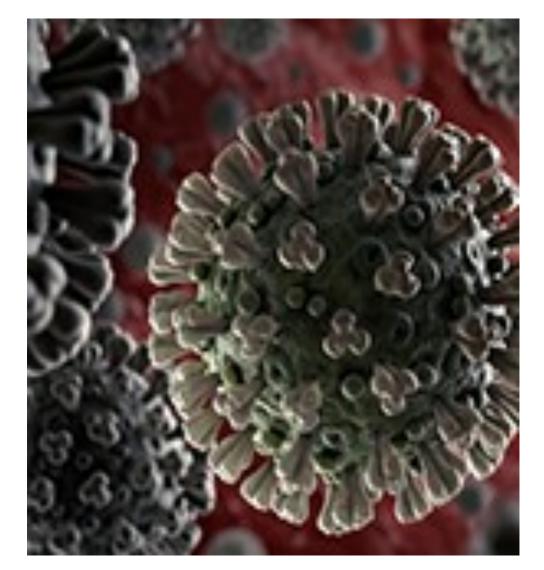
## CORONAVIRUS (COVID-19)

a cyczine from

**Cycling Campaign for North Bedfordshire** 

# A crisis now facing world in addition to Climate Emergency

A new strain of coronavirus not previously identified in humans



With a second wave in infections occurring, government has introduced\* a three tier system in an attempt to minimise spread of coronavirus.

Bedford Borough is included in tier one - Local COVID alert level:

Medium

'Wash', 'Face' and 'Space'



- Continue to only socialise indoors and outdoors with people outside your household in groups up to six
- Continue to maintain excellent hand washing conditions and wash regularly
- Continue to cover your face in enclosed spaces
- Continue to maintain two metres social distancing with anyone outside your household or one metre with a face mask

### All activities may be carried out by cycling

Cycling remains a great way to keep fit and active and is a good way to boost immunity

Keep your distance from other people and regularly wash your hands and in particular when you arrive back home

### Ride singularly or as a group of up to six people



#### singularly or



group of up to six people

# Cycling Campaign for North Bedfordshire



#### **Our Vision**

To see Bedford as a

'Town of Cyclists' & 'Cycle Friendly Communities'

#### **Objectives**

- To promote, encourage and support cycling as an important means of transport and recreation
- To encourage consideration of the needs of cyclists in all aspects of transport planning and management, access issues and recreational use.

E-mail: ccnb@ccnb.org.uk

Website: http://www.ccnb.org.uk

Promotional website: http://www.cyclebedford.org.uk