

New rules on staying alert and safe



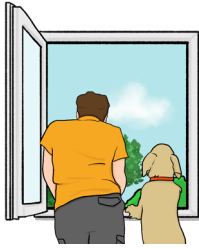
easy
read



This Easy Read information comes from Easy Read Online. It is based on the Government information from 11 May 2020:

www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing

Introduction



The Government asked us all to stay at home and away from other people to stop the spread of **Coronavirus COVID-19**.

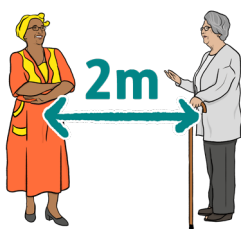


The Government has now made new rules that mean people can:

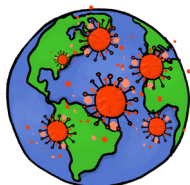
- go outside more
- start to go back to work.



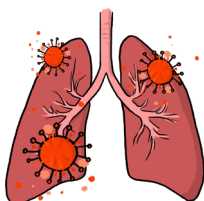
These rules are for people under age 70 who are fit and well.



You must still stay at least 2 metres away from anyone you don't live with.



Coronavirus COVID-19 is a new disease that is making people ill all round the world.



It can affect your lungs and breathing.

Stay at home



Everyone should still stay at home as much as possible.



But if you are under age 70 and you are fit and well, you can go out:

- for work, if you cannot work from home



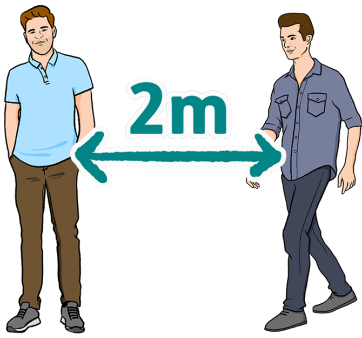
- to the shops



- to get some exercise



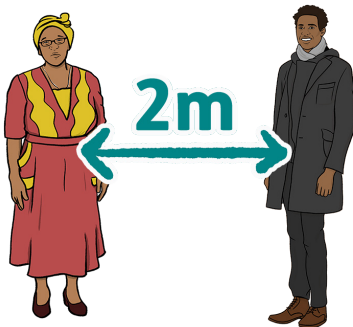
- for any medical need.



When you go out, you should stay at least 2 metres away from other people. That's 6 feet.



If you are going to a place where you can't be 2 metres away from other people, you should wear a face mask.



Meeting other people

You can meet up with one other person who doesn't live with you, in a public place. But you must keep 2 metres apart from each other.



You must not go and visit family and friends in their homes.

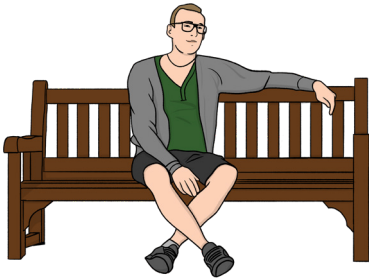


You can meet up with other people if you have to for work.

Visiting public places



You can now travel to a public place, like driving to the beach.



You can sit and rest in a public place. But stay at least 2 metres away from other people.



You can now exercise outside as often as you want.



Before, you were only allowed to exercise outside for 1 hour per day.



You can do your exercise on your own or with people you live with.



You cannot exercise with people you don't live with.

Going to work



The Government wants people to start to go back to work if:

- you can't work from home

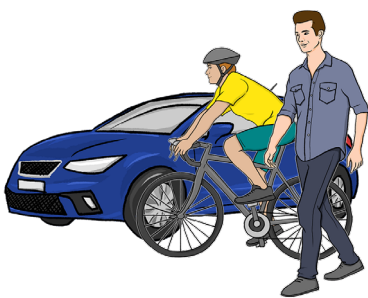


- your boss has made it safe for you to go to work.



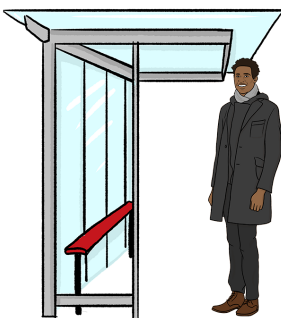
Travelling to work

It is very difficult to stay apart from other people on buses and trains.



If possible, the Government wants you travel to work by:

- bike
- walking
- car

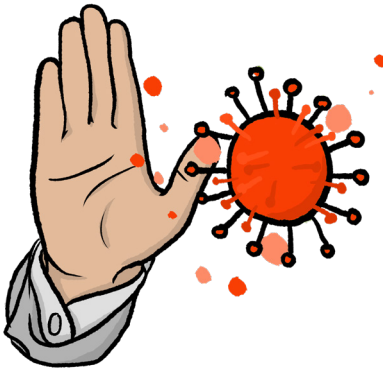


If you have to use a bus or train to travel to work, try and go when it is not too busy.

The law



These new rules are part of the law.



They will help to stop Coronavirus COVID-19 from spreading and making more people ill.

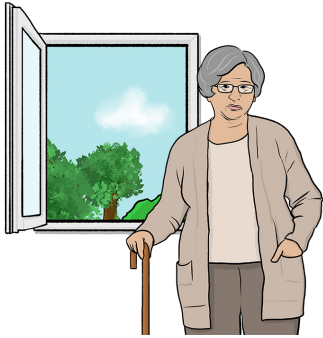


The police will check that people are following these new rules.



The police can make you pay a fine if you don't follow these rules.

Shielding



People who are aged 70 or over and people with certain health conditions, must stay inside and not go out.

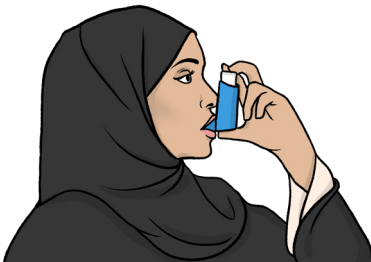
This is called 'shielding'.



People who are shielding are likely to become seriously ill if they catch Coronavirus COVID-19.

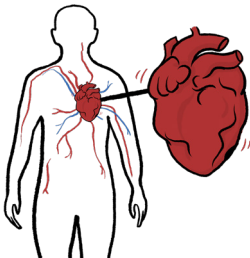


You will have had a letter from your doctor telling you that you should stay inside and not go out.

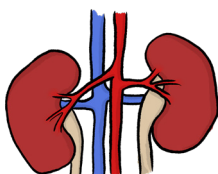


You should shield yourself if you have:

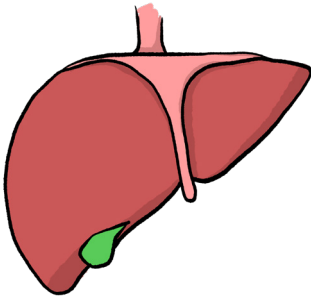
- asthma or any breathing difficulty



- heart disease



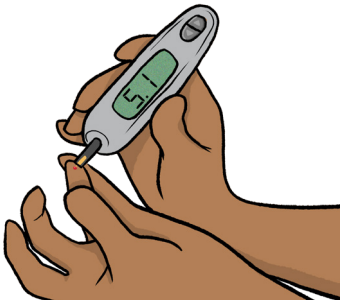
- kidney disease



- liver disease



- an illness of your nerves, like Parkinson's disease or cerebral palsy



- diabetes.



You should also shield yourself if you are:

- pregnant



- getting treatment for cancer



- very overweight.

For more information



If you need more information please go to the Government website:
www.gov.uk



If you need more information about Easy Read, please go to our website:
www.easy-read-online.co.uk