Coronavirus (COVID-19)

Keeping away from other people: new rules to follow from 23 March 2020

COVID-19 is a new illness. Lots of people call it coronavirus.

It can affect your lungs and your breathing.
From 23 March 2020 there are 3 important new rules everyone must follow to stop coronavirus spreading.

These rules will be in place for at least three weeks.
1. The first rule is that you must stay at home.

You should only leave your home **if you really need to** for one of the reasons listed further down in this guidance.

2. The second rule is that most shops, and other places in the community that we can manage without, should stay closed.

This includes:

- pubs and cinemas
- most shops and markets unless they sell food
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<table>
<thead>
<tr>
<th>Libraries, community centres, and youth centres</th>
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<tbody>
<tr>
<td>Leisure centres such as bowling alleys, gyms and soft play centres</td>
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<tr>
<td>Playgrounds, sports courts and outdoor gyms</td>
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<tr>
<td>Places of worship</td>
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<td>Hotels, hostels, bed and breakfasts, campsites, caravan parks, and boarding houses except if people live there all of the time</td>
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3. The third rule is that people must not meet in groups of more than 2 in public places unless:

- they live together
- their job means that they have to

| ![Red X] | Events have been stopped. This includes occasions like weddings and baptisms. |
| ![Red X on rings] | Funerals can still happen. Only a small number of people who were very close to the person who has died can go. Everyone must stay at least 3 steps away from each other. |
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You should only leave your home **if you really need to** for one of these reasons:

- Shopping for things you must have, like food or medicine
- For health appointments that cannot be done over the phone
- To go to work, but only if there is no way you can do your work from home
- To care for a vulnerable person
- To do exercise **once** a day, like going for a walk alone or with someone you live with

You should only leave your home **if you really need to** for one of these reasons:
If you leave your home, you must stay at least 3 steps (2 metres) away from other people.

If you work in some jobs, like healthcare, police or schools, your children can still go to school. You can see a full list of these jobs [here](#).
If your child is aged under 18 and their other parent lives in a different house, they can go there to visit them.

If you, or someone you live with, has signs of coronavirus you should follow the stay at home guidance.

The signs of coronavirus are:
- high temperature and/or
- a new cough where they keep on coughing. This means coughing a lot for more than an hour or three or more episodes of coughing in a day

Some people are most likely to be very poorly if they get coronavirus.

These are mainly people having treatment for some serious health conditions, like people being treated for some forms of cancer.

There is other guidance about what those health conditions are and extra things people need to do to try to stop themselves from getting coronavirus.

The pictures in this summary are from Photosymbols: https://www.photosymbols.com/