



HM Government

Our plan to rebuild

The UK Government's plan to get back to normal



**easy
read**

This is an Easy Read version of 'OUR PLAN TO REBUILD: The UK Government's COVID-19 recovery strategy, May 2020'

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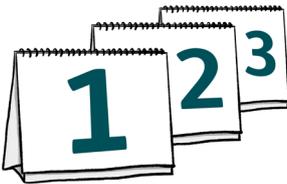
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Introduction



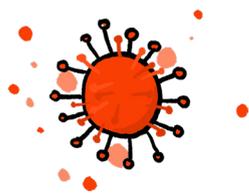
This information comes from the UK Government.



People have had to stay indoors because of the **Coronavirus COVID-19 pandemic**.



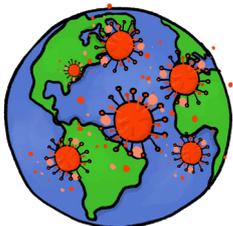
This easy read document explains our plans to get things back to normal.



Coronavirus COVID-19 is a new illness that affects your lungs and breathing.



Most people don't get very ill with it. Some people will die if they catch it.



A **pandemic** is when an illness spreads around world.

The current situation



We think more than 100,000 people in the UK have got Coronavirus COVID-19 at the moment.



Over 40,000 people in the UK have died from Coronavirus.



Most people are **self-isolating**. This means they are staying inside and only going out for exercise and to get things they need.



Some people are **shielding**. This means they are staying inside and not going out at all.



Past the worst

We were worried that the NHS would not be able to cope with all the people that were getting Coronavirus COVID-19.



But things are now getting easier. The NHS is coping.



The number of people who are dying is falling.



The number of people who are catching Coronavirus COVID-19 is falling.



We are better able to test people to see if they have Coronavirus COVID-19.



We are getting more **protective equipment (PPE)** for health workers.



Protective equipment (PPE) protects health and care workers from Coronavirus.

It includes gowns, face masks, gloves and shields for eyes.



Need to be careful

Even though things are getting better, we are worried that it might get worse again. More people will catch it.



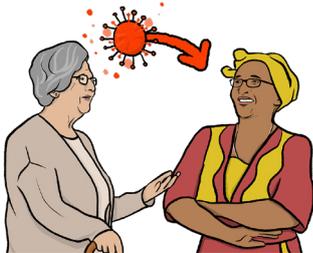
The challenges ahead

No easy answers

Coronavirus COVID-19 will be here for a long time. It will probably never completely go away.

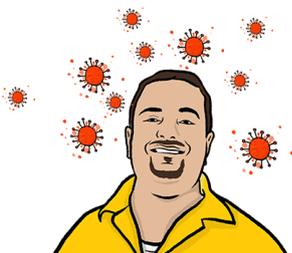


There are no easy ways to deal with Coronavirus.

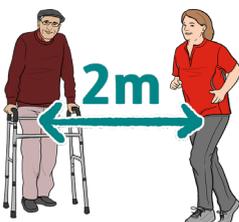


Keep your distance

People may be spreading Coronavirus without knowing it.



You can carry Coronavirus without feeling ill and still spread it to other people.



This is why we have to stay apart from each other.



Be ready

The NHS needs to be ready if things get worse again.



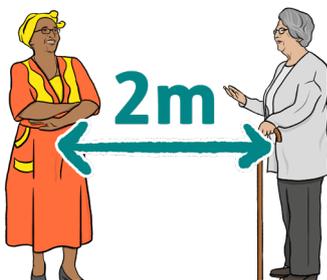
We expect that many people will be ill with **flu** next winter. This could make things difficult. The NHS needs to be ready.



Follow the rules

People have to follow the rules:

- washing hands
- cleaning surfaces that get touched a lot
- keeping at least 2 metres away from other people. That's 6 feet.

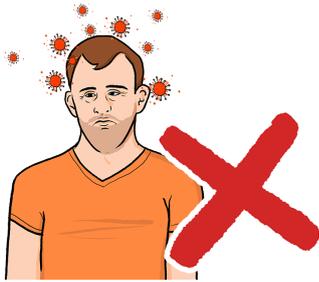


Flu is a common illness. It is like a bad cold. It can be serious for some people.

Our aims



When we are thinking about how we can get back to normal, we are thinking about:



1. People's health

We want to stop more people catching Coronavirus COVID-19.



We don't want the NHS to be too busy to treat other people.



We know that **lockdown** is causing other issues. It is affecting some people's mental health.



Our biggest worry is that Coronavirus COVID-19 may start to come back again.



Lockdown is where everyone has to stay indoors. Shops, cafes, pubs and restaurants are all closed.



2. People's jobs

Many people have lost their jobs because of Coronavirus.



Many businesses have not been able to work.



We need to think about:

- how people can get back to work safely
- the problems for everyone if businesses close and people are out of work
- how the Government can pay for services if businesses are not paying **taxes**.

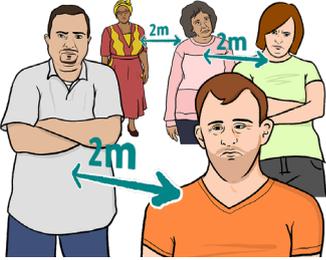


Taxes are the money that people have to pay to the Government.



3. Communities

The lockdown is difficult for local communities.



Keeping people away from each other affects the whole community.



It is not good for children to have the schools closed.



We want to make sure that public services and community organisations keep going.



4. Risk

We can't be sure that all our plans will work.



We have to try things even though we are not sure they will work.



Some things may go wrong. This is a risk.

Our principles



In everything that we do we will:

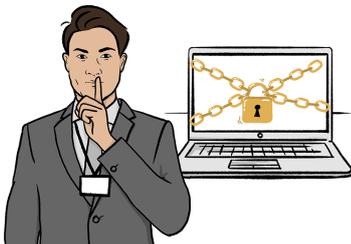
- listen to the doctors and scientists



- be fair to all people and groups



- do things that are likely to work

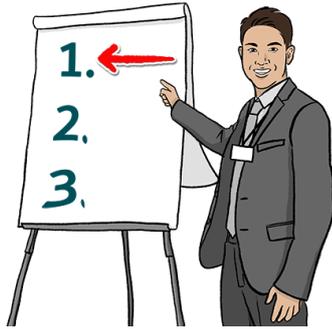


- keep people's personal information safe and private



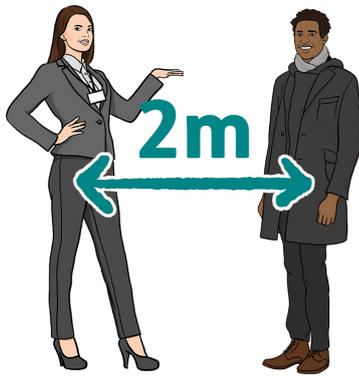
- be honest and open with people.

Our approach



We have 3 phases of dealing with Coronavirus COVID-19.

We have been in Phase 1.



Phase 1

In Phase 1 we worked to:

- **contain** - stop Coronavirus from spreading by keeping away from each other
- **delay** - slow Coronavirus down by washing hands and cleaning surfaces that have been touched a lot
- **research** - find out more about Coronavirus, so we can find ways to treat it and stop people from catching it
- **mitigate** - this means making Coronavirus less serious by finding ways to treat people.





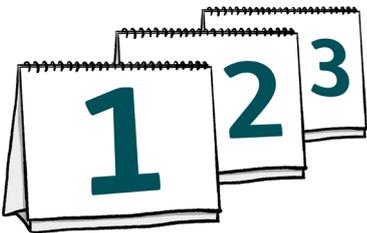
Phase 2

We are now in Phase 2.



Regular steps

Through Phase 2 we are slowly letting things open again.



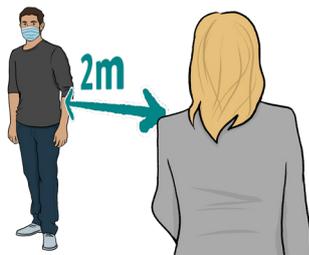
There are 3 steps. At each step more things can open. We explain the 3 steps starting on page 15.



Keep being careful

In this Phase 2 we have to carry on:

- washing hands
- keeping at least 2 metres away from other people
- cleaning surfaces that have been touched a lot.



In this phase you can meet up with a few other people outdoors.



If you think you may have Coronavirus, you should stay indoors for 2 weeks and not go out at all.



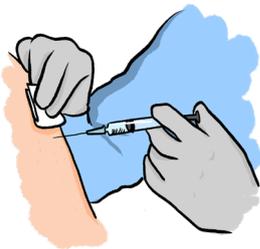
Phase 3

Phase 3 will start when we have good ways of dealing with Coronavirus COVID-19.



Good ways might include:

- finding **treatments** that stop people getting very ill with Coronavirus
- a **vaccine**, so that people can protect themselves against catching it.



A **treatment** is the way doctors help you to get better.



A **vaccine** is a jab that protects you against getting a certain illness.

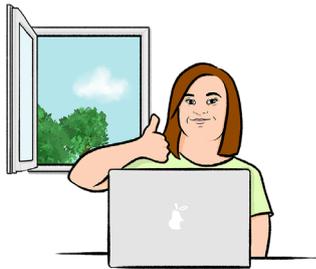
Steps to open things up



These 3 steps are for England only. Scotland, Wales and Northern Ireland are each making their own decisions.



Step 1: from Wednesday, 13 May 2020



Work

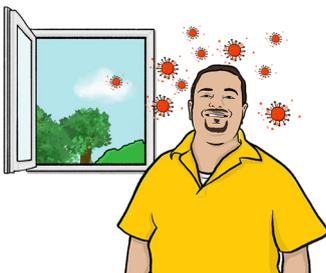
You should work from home if you can.



If you can't work from home, you should travel to your workplace.



Your workplace should have rules about keeping people safe.



If you think you might have Coronavirus COVID-19, you should stay at home.

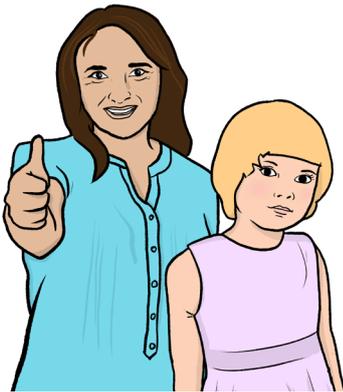


Schools

Vulnerable children and children of **critical workers** should go to school.



Local councils should encourage more children to start going to school.



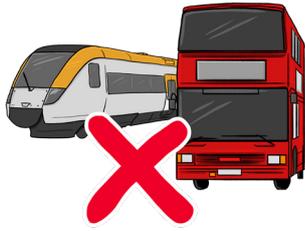
Paid childminders can start working again. There are rules for how they should keep everyone safe.



A **critical worker** is someone who has to keep going to work during the lockdown because their job is important.

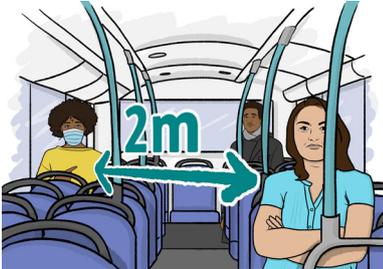


It includes health and care workers, and people who work in food shops.



Travel

You should avoid using buses, trains and trams if you can.



If you have to use a bus, train or tram you should make sure you keep 2 metres away from other people.



Face mask

You should wear a face mask indoors if you can't keep at least 2 metres away from other people.



You should wear face masks on buses, trains and trams.



Outside

You can spend more time outside.

You can meet one person from another household outside, but you must keep 2 metres apart.



You can go outside to exercise as often as you want.

You can drive to outdoor places.



Vulnerable people

People are vulnerable if they:

- are over age 70
- have a long-term health issue
- are pregnant.



They don't have to stay indoors all the time. But they should be careful not to get close to other people.

People who are very vulnerable

If you have had a letter from your doctor telling you that you are very vulnerable, you should carry on staying inside. You should not leave your house.



The Government is delivering food to people who are very vulnerable.



Volunteers are phoning very vulnerable people to keep in touch.



Step 2: from Monday, 1 June 2020



Schools should open for more children from Monday, 1 June.



Ordinary shops can open again.



Sports events and concerts can go ahead, without crowds watching and shown on TV or online video.



There should be more buses, trains and trams.



People from your house can now meet up with people from one other house.



Step 3: from Monday, 4 July 2020



The rest of businesses can open, including:

- hairdressers and beauty salons



- cafes, restaurants and pubs



- hotels



- churches



- cinemas and theatres.



These businesses will still have to keep to the Government rules. This includes people keeping at least 2 metres apart.

How we will support these plans



The NHS

The Government will:

- make sure the NHS has all the protective equipment (PPE) that it needs
- help the NHS to set up new ways of working that keep everyone safe
- help people to be healthy and make healthy choices
- build the new hospitals that we already promised to do
- give an extra £1 billion a year to help social care. This includes care homes and services that help people to live independently.





Care homes

The Government has already given money to local councils to help care homes.



The Government will also:

- make sure people in care homes can be tested to see if they have Coronavirus COVID-19
- help care homes get the protective equipment (PPE) they need
- find more staff to work in care homes
- have better health services for people in care homes
- set up new ways for homes for adults with learning disabilities and autism to stay safe
- help local councils to give more support to care homes in their area.



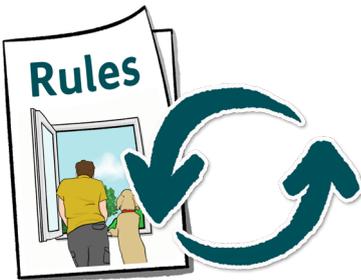


Learning more about Coronavirus

The Government, doctors and scientists are learning more about how Coronavirus affects different people.



Certain people are affected more than others.



We are using this information to change the rules for different groups of people.



Testing and tracing

Testing is where we do a test to see if you have Coronavirus.



Tracing is where we ask you about all the people you have been close to. We will then ask those people to stay inside for 2 weeks in case they caught Coronavirus from you.



Testing and tracing is an important way to stop Coronavirus from spreading.



We are working on a new **app** that will send a message to everyone you have been close to, telling them to stay inside.



Helping businesses

We have different ways to be able to help businesses.



These include **grants** and **loans** which will help businesses keep going during this difficult time.



An **app** is a computer programme that you have on your phone to help you do something.



A **grant** is where the Government gives money to a business.



A **loan** is where the Government lends money to a business.



Making things safer

Over time it will be easier to do things with other people.



We will work out new ways to make spaces safe. This includes work spaces.



We will work with companies and other organisations to do this.

Treatments and vaccines

The Government will:



- help organisations that are working on treatments and vaccines to work well together



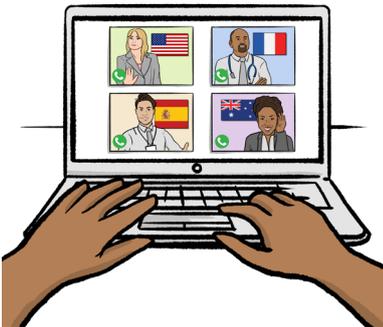
- help companies that are working on treatments. Currently there are 3 treatments being tested



- make sure that we are ready to make millions of vaccines, as soon as one is available

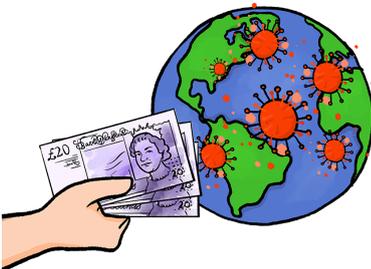


- make sure we can get the vaccine to millions of people as soon as it has been made.



Working with other countries

The UK Government is working with other governments to help stop Coronavirus.



We have also given money to countries who can't afford to cope with the Coronavirus so well.

How you can help



Working together

We all have to work together to stop Coronavirus.



We must all carry on washing our hands, cleaning surfaces and keeping at least 2 metres away from each other.



Lending a hand

You can still volunteer to help charities and the NHS by going to:

www.gov.uk/volunteering/coronavirus-volunteering