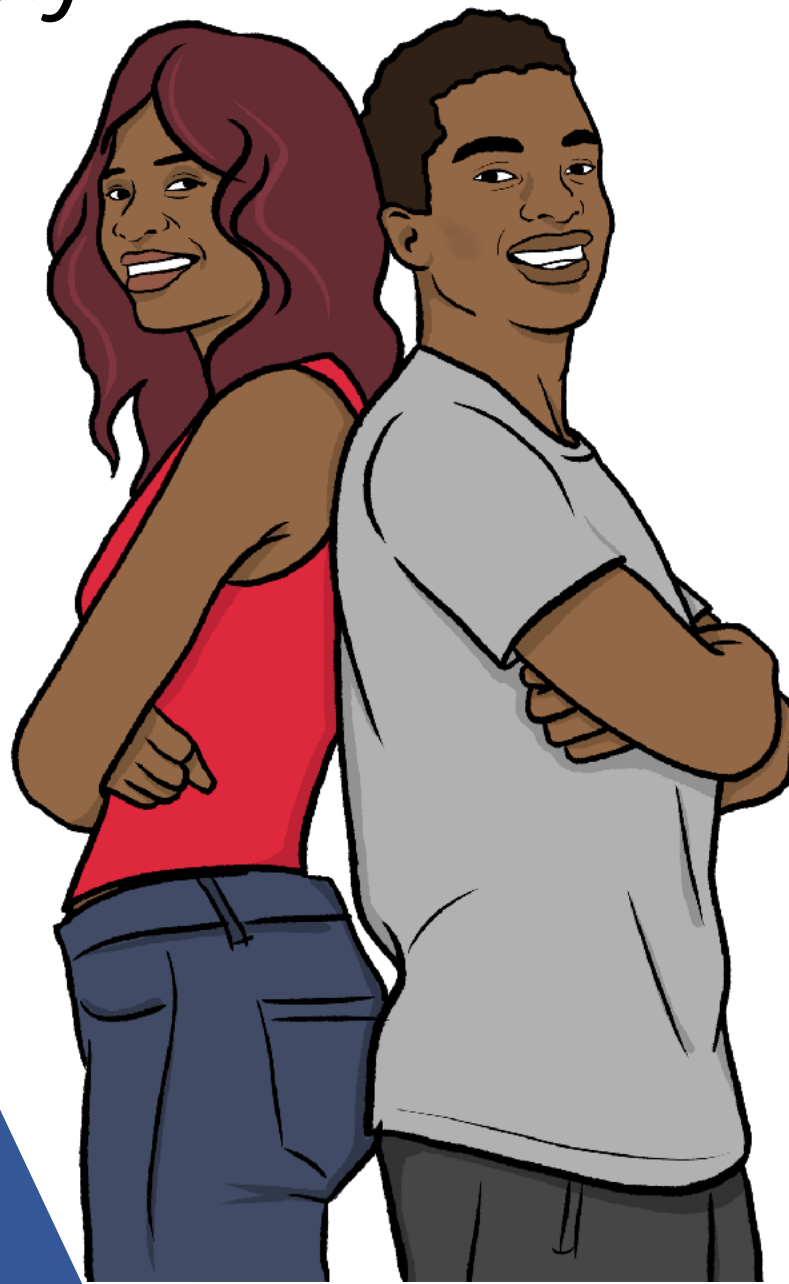




Cabinet Office

Meeting friends and family (COVID-19)

Advice on meeting friends and family safely



easy
read

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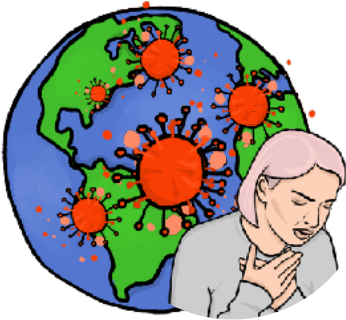


In this easy read document, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.



Some words are [blue and underlined](#). These are links which will go to another website which has more information.

COVID-19



The Government is working to keep people safe from **COVID-19**.

COVID-19 is an illness that is spreading around the world. It can affect your lungs and breathing.

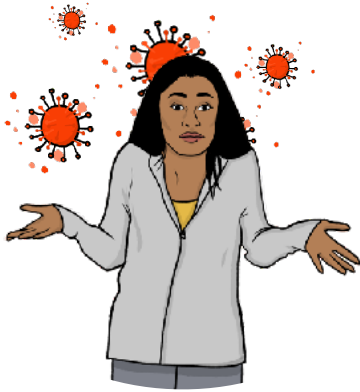


You should think about the chance of catching or passing on COVID-19 before meeting people you do not live with.



This guidance will tell you how to stay safe when you meet other people.

How COVID-19 is spread



You can have COVID-19 without knowing you have it.

You could be spreading the illness without realising.

About 1 in every 3 people do not feel sick when they have COVID-19.



Spreading COVID-19

You spread COVID-19 by being close to people.

It spreads when you breathe, speak, cough or sneeze.

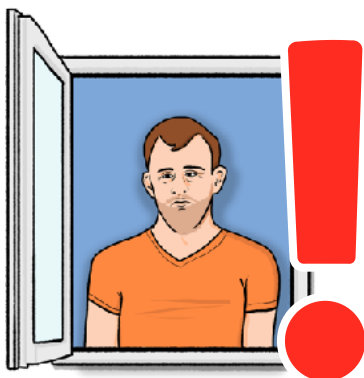


Tiny droplets pass from you to the next person.



The tiny droplets can stay in the air for a long time and fall onto surfaces that people touch, like door handles and furniture.

If you think you have COVID-19



Anyone who thinks they may have COVID-19 should:

- go home straight away
- stay at home and keep away from other people for 10 days.



You should get a **PCR** test to check if you have COVID-19.



PCR stands for polymerase chain reaction. The test will give you a positive result if you do have COVID-19. Or a negative result if you don't.

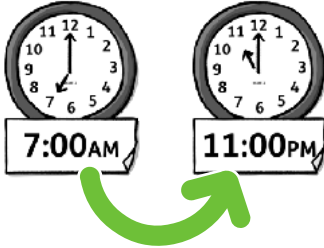


Getting a PCR test

You can find out more about how to get a PCR test [on our website](#).



Or you can book a PCR test over the phone by calling: 119



The telephone lines are open 7am to 11pm.



If you have had a test

If you have had a test which says you have COVID-19, you must stay at home and keep away from other people for 10 days.

New guidance



From 17 May, we have said you can meet:



- up to 30 people outdoors



- up to 6 people, or 1 other household, indoors.

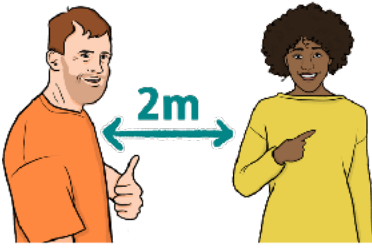


You must not mix with people outside this group.



You may be able to meet up with more people for certain reasons.

Staying 2 metres apart



We have been saying that you should stay at least 2 metres apart from other people.



But now that more people have had the **vaccine**, we are now saying that it's up to you if you want to get close to your friends and family. But you should still be careful.



The **vaccine** is a jab which helps to stop you being very ill if you catch COVID-19.



Areas with a new type of COVID-19

There is a new type of COVID-19 spreading quickly in some parts of England.



If you're in one of these areas, you should be extra careful.

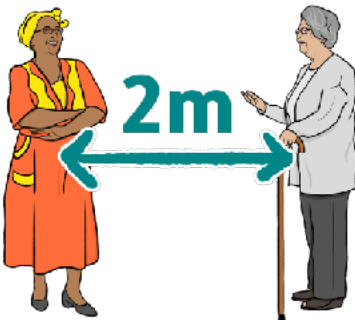
Meeting friends and family



From 17 May, we have said that if you are meeting friends and family, you can choose how close you get.



Getting close to people includes hugging.



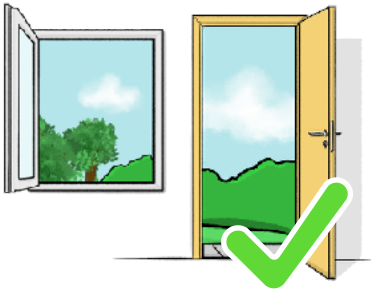
You should still keep 2 metres away from someone who lives in a care home.

Things you can do to be safer

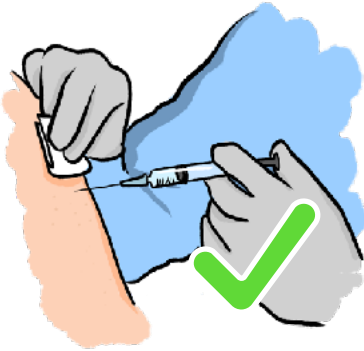


To be safer you should:

- Meet outside. The tiny droplets that spread COVID-19 are more likely to blow away when you are outside.



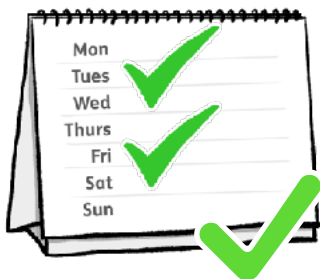
- Open doors and windows. Getting fresh air in a room will help to blow the tiny droplets away.



- Get the COVID-19 vaccine when you can.



- Remember that some people are more likely to be seriously ill if they catch COVID-19. You should be more careful if you are near these people.



- Get tested 2 times a week, even if you don't feel unwell, to make sure you don't have COVID-19.



- Wash your hands and clean surfaces regularly.

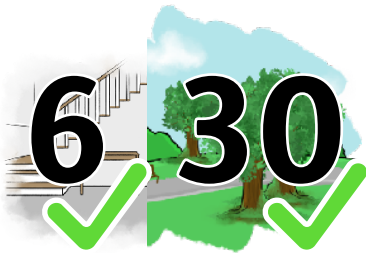


You should also...

- Give people space if they want to keep their distance.



- Remember that you must not mix with people outside your group, except for certain reasons.



If you are inside, your group can be 6 people or 2 households. If you are outside, it can be up to 30 people.



- Follow the rules for certain places, like healthcare buildings or schools.



- Make sure that your place of work follows the rules for keeping workers and customers safe.

For more information



If you need more information, please go to the [Government website](#).