



Understanding the Governments Plans

The government has announced a 3 step plan about Coronavirus.

This document is about Step 1 and is about the changes in England. There is no change to the guidance for Wales.



COVID-19, or Coronavirus is a type of illness that makes people feel poorly.

Because of COVID-19 there have been lots of changes about how we live.

These changes help to keep everyone safe.



On May 11 2020 the UK Government announced 'Step 1' of their plan to start allowing us to do the things we used to do.



There are some things that will stay the same:

You must still stay at home as much as possible.



If you, or anyone you live with, has symptoms of Coronavirus you must self-isolate.



If you or anyone you live with tests positive for Coronavirus you must self-isolate, even if you don't have symptoms.



You must still social distance from people outside of your house. This means staying at least 2 metres away from other people.



You must still wash your hands for at least 20 seconds frequently throughout the day.



You should still try not to touch your face.



You still can't shake hands with people.



If you cough or sneeze catch it with a tissues and throw the tissue away. Then wash your hands.



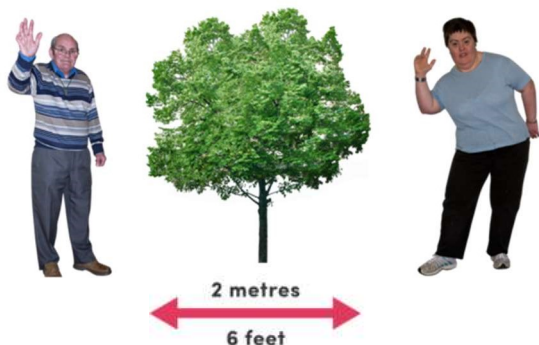
Try to keep a window open in your bedroom and in communal areas.

There are some things that have changed:



You can now exercise outside as many times a day as you want.

When you go out you can meet with one person you don't live with.



But you must stay 2metres away from each other.

This means you cannot hug them to say hello.



You can sit on a bench together but must still be 2 metres apart.

You can play some sports together like golf or tennis if you are 2 metres apart.



You can go back to work if you can't work from home and you work place is open.

Work places will only be allowed to open if they can keep people sa



You should still avoid using any public transport if you can.



If you do need to go on public transport you will should wear a face covering.



You should also wear a face covering if you are going somewhere with lots of people. This includes shops.



Some places that have been closed will start to open again. This includes garden centres.



If you live in England you can drive to outdoor open spaces in England.



What if I am Shielding?

If you have been advised to shield the advice has not changed and you should continue to shield.

By following these guidelines you are helping to keep yourself and other people safe.

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