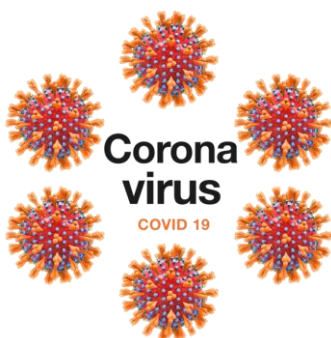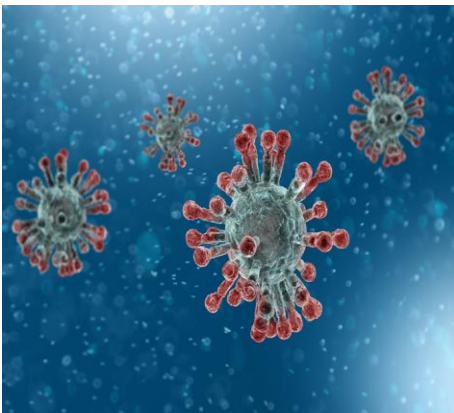# Why you need to stay at home

Your Street

1

Corona virus COVID 19

This fact sheet tells you why you need to stay at home.

This is the Prime Minister. He is called Boris Johnson. He makes the rules in the country. He has a team to help him.

There is a new infection that is making people sick. It is called coronavirus. People call it COVID-19. There is no medicine yet that stops this infection.

Boris and his team are worried because lots of people are getting sick. Doctors and Nurses say people are getting very sick and have died.
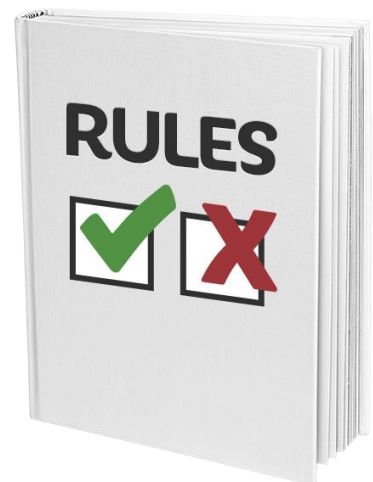
The Doctors and Nurses are worried that there will be lot of sick people and the hospitals will get too full. They will be so busy they can't look after everyone.

Boris, Doctors and Nurses have a good plan to stop the hospitals getting full.

He has told us we must all follow the rules.

If we all follow the rules, it means we can help stop COVID-19 spreading.

Old people and people with some other illnesses need to be protected from getting COVID-19.
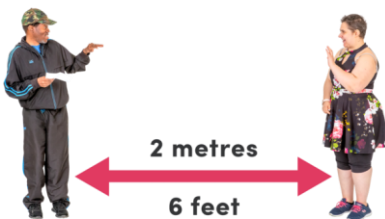
Follow the rules

Stay at home.

You can only go to the shop for essential things.
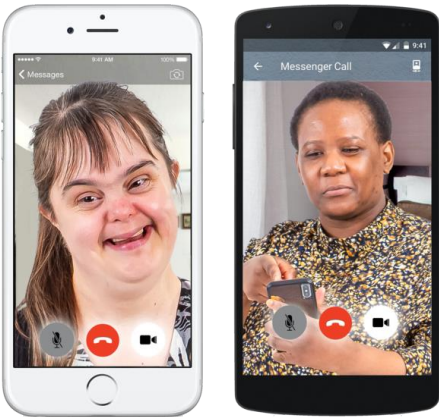Clothes shops, cafes and cinemas are all closed.

You must stay 2 metres from people when you go out.

You can only go outside your house to exercise 1 time during the day.

You are not allowed to meet your friends.

You can speak to your friends on the phone or by video.

You should work at home if your boss says you can.

Your Street

You can only leave your house for:

- Food essentials
- Emergencies
- Medicines
- Exercise only 1 time in the day

QCS Quality Compliance Systems

The Police will make sure we all follow the rules.

Boris has said we must follow these rules for 3 weeks.

He will tell us after 3 weeks, if we need to stay at home for longer.

You can speak to your family, your support worker, carer or social worker if you don't understand these important rules.

The NHS website has all the rules. This is the web address:
https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/