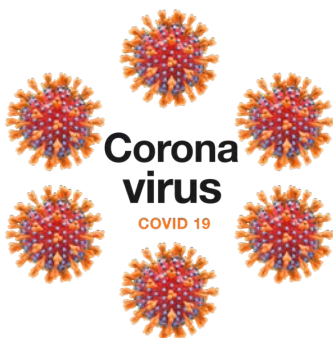




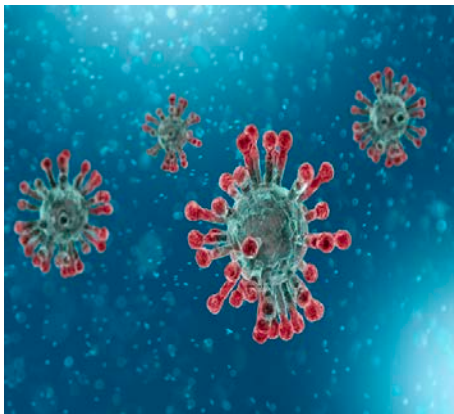
Why you need to stay at home



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 have been sick with COVID-19. He has said that that he has some new rules.

The Doctors and Nurses are worried that there will be a 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 new plan to make sure too many people don't get sick



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.



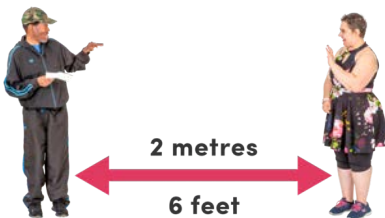
Follow the rules



Stay at home as much as you can.



If you must go into crowded areas like shops or use public transport, it's a good idea to use a face covering. You must try not to touch your face when you wear it.



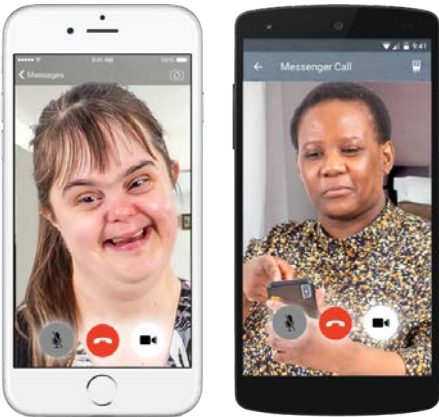
You must stay 2 metres from people when you go out.



You can go outside your house as much as you like to exercise.



- You can meet 6 people who don't live in your house
- But you must be outside
- You must stay 2 metres away from each other



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



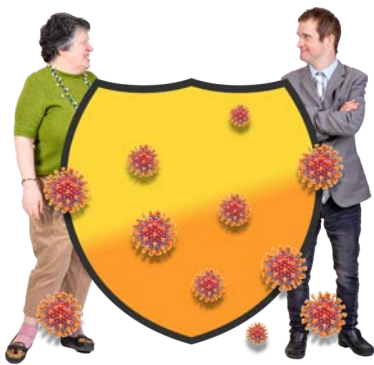
If you have to go to work because you can't work from home, speak to your boss to check how they will make this safe.



You must try not to use buses, trains as they will be busy. If there are too many people on the buses and trains, more people might get sick with COVID-19.



The Police will make sure we all follow the rules.



You must stay at home if you have had a letter saying you need to stay at home until the end of June. This has not changed.



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/staying-at-home-to-avoid-getting-coronavirus/>