

# Help prevent spread of Coronavirus



# New rules from the government

Protect the national health service – NHS

Save people's lives

Slow down and stop the spread of Coronavirus

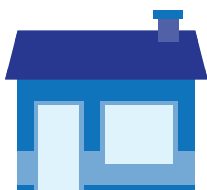
Stay safe

**New rules were set by Boris Johnson, our Prime Minister last week.**

**We must:**



Help to stop the spread of Coronavirus

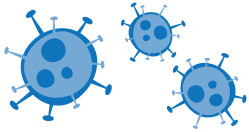


Stay home

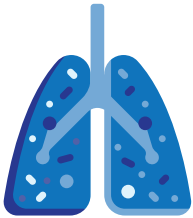


Stay safe

# What is Coronavirus?



Coronavirus is a new bug



It can affect people's lungs and breathing



It is spreading quickly around the world



There is no cure at present

# Who must follow these rules?



Everybody must follow the rules



The police will make sure people follow them



They will last at least 3 weeks



We will be told when they change

# Follow the rules and help to:



Protect the national health service – NHS



Save people's lives

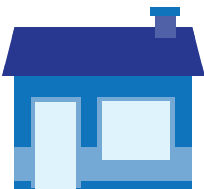


Slow down and stop the spread of Coronavirus



Stay safe

## What are the rules?



Stay at home

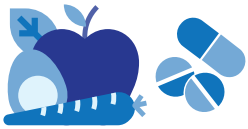


You should stay inside your home or garden

# Only leave your home for:



Shopping

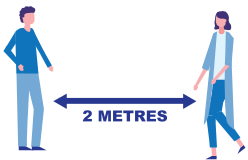


Things you need to live: food and medicines



Have them delivered if you can

## One type of exercise a day:



Do not go close to anyone you meet whilst outside.  
Remain 2 metres apart from anyone you meet

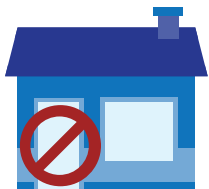


This can be a walk, bicycle ride or a run



You must do this on your own or with someone  
from your household

# If you need any medical help:



Do not leave your home if you think you have Coronavirus



Call 111 for advice if feeling very unwell



Call 999 in an emergency

# If you help a vulnerable person



A vulnerable person is someone who finds it difficult  
To keep themselves safe

# Travel to and from work



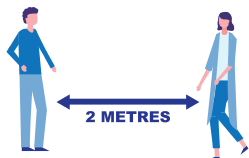
People are only allowed to travel to work who cannot  
work from home



# If you do go out



Be as quick as you can



Keep at least 2 metres apart from other people. This is just over 6 feet – the height of a tall person

# In your home



If someone in your home has Coronavirus you must stay away from them



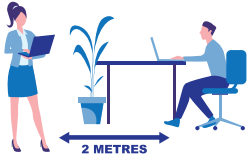
You don't have to stay 2 metres away from people who live with you in your home

# Don't meet people

You should not meet other people unless:



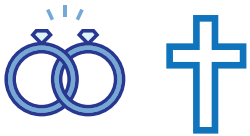
They live in the same house as you



You need to meet them for work but remain 2 metres apart



All social events are not allowed



This includes weddings and religious services but not funerals