



The Government has made some **NEW RULES** about when we can go out.



They have made these rules to help us **get rid of the Covid-19 virus as soon as we can.**

(Covid-19 is another name for Coronavirus).



They have asked everyone to **stay at home as much as possible.**

Some people have told us they like being able to stay at home.

It makes them **feel safe.**



Some people have said they find it **difficult, and a bit confusing** but it is important we all follow the new rules.

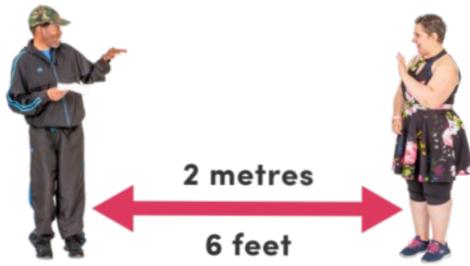
They will help us all stay safe and well and get back to normal more quickly.



If you do **HAVE TO GO OUT** under the new rules you must do something called '**SOCIAL DISTANCING**'.



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Social distancing means **keeping a space between you and other people.**

You should be **2 metres apart** from people when you go out, apart from anyone you live with.



2 metres is about the **same length as a bed.**



There are no rules about social distancing from people you live with.



REASONS YOU CAN GO OUT:

The Government has said there are only **four important reasons for going out of your home** for the next few weeks.



Reason One - To Buy Food

You are allowed to go out to buy food and other basic things if you really need them.



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You should try to buy as much as you need at one time so that you go out as little as possible.

So try one big shop every week or two weeks if you can.



If you are worried about getting your shopping speak to:

- A family member,
- Your support worker, or
- Someone else you trust.



Reason 2 - to get medication

You can go to a **pharmacy** or your **doctor's surgery** to get your medication.



You can also go out to keep a:

- **doctor's appointment** or a
- **hospital appointment.**



If you are worried about getting your medication speak to:

- A family member,
- Your support worker, or
- Someone else you trust.



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Reason 3 - to get some exercise

You can go outside **once a day** to get some exercise, such as going for a **walk or run**.



You should **exercise on your own, or with people you live with**.

Don't meet up with friends.



You should take your exercise close to where you live.

You should **walk from your house**.

You should not catch a bus or drive to a different area to take exercise.



There are no rules about how long you can be outside to exercise but **the advice is about an hour**.

We are lucky that we have had sunshine this week to do our exercise!



If you have a **garden** you can go out in it.

But when you are in your garden you should stay **2 metres away from any of your neighbours**.



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Reason 4 -to go to work

You can carry on going to work if you have been told by your employer that you are an '**Essential worker**'.

This is also known as a 'Key Worker'.



If you are 'a **Key Worker**' your employer will probably already have contacted you about going to work.

Most people are not 'Key workers.'



If you are confused, contact your employer or ask someone to contact them for you.



MORE INFORMATION ABOUT GOING OUT:

You don't have to do social distancing with the people who you live with.



If you have to go out for one of the four important reason **you should not arrange to meet friends or family who don't live in the same house as you.**



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The **POLICE** are going to help us all to keep to the rules about going out.

- They will check that people are 'social distancing' when they are out.



- They might stop you and **ask you why you are out.**

- They will check that you are only out for one of the four important reasons



- If you are stopped by the police try not to be afraid.

- They are just doing their job.

- If they ask you, politely explain why you are out.



- If you want to, you can say you have a learning disability or autism.

- If they ask you to go home you should go straight home.



- If you are out with someone you live with and anyone else asks why you are together, explain that you live in the same house.



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The new rules means making a lot of changes to our daily lives.



Things will get back to normal.



If you are worried or confused about when you can go out ask:

- A family member,
- Your support worker,
- Someone else you trust.

OR contact one of us at **Cornwall People First.**



Stay safe and see you soon!