

## **Coronavirus (COVID-19)**

### **Keeping away from other people: new rules to follow**

**May 2020**

COVID-19 is a new illness. Lots of people call it coronavirus. It can affect your lungs and your breathing and make you feel unwell.

There are 3 important new rules everyone must follow to stop coronavirus spreading.

1. The first rule is that you must stay at home. You should only leave your home if you really need to for one of the reasons listed further down in this guidance.
2. The second rule is that most places in the community and on the high street should stay closed. This does **not** include food shops and pharmacies, though you may still find some have closed or have changed how you access them.

The sorts of places affected by this rule are:

- pubs and cinemas
  - most shops and markets unless they sell food and essential items
  - libraries, community centres, and youth centres
  - leisure centres such as bowling alleys, gyms and soft play centres
  - playgrounds, sports courts and outdoor gyms
  - places of worship
  - hotels, hostels, bed and breakfasts, campsites, caravan parks, and boarding houses except if people live there all of the time
  - most schools, colleges and universities
3. The third rule is that people must not meet in groups of more than 2 in public places unless:
    - they live together
    - their job means that they have to, including nurses, bin men, supermarket staff and other emergency services

Events have been stopped. This includes occasions like weddings or other religious services like Sunday mass. Funerals can still happen, but these will not be normal services and close family may not be able to attend if they are self-isolating or ill themselves.

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When you are out in public you must stay at least 2 metres away from other people who don't live with you, unless it's someone who is supporting you because you are autistic. Other people should also be staying at least 2 metres away from you. If you think anyone is getting too close, you can politely ask them to keep their distance from you or try and move away so you are 2 metres apart, if this is possible.

You should only leave your home if you really need to for one of these reasons:

- shopping for things you must have, like food or medicine
- for health appointments that cannot be done over the phone if your doctor tells you to attend in person
- to go to work, but only if there is no way you can do your work from home
- to care for a vulnerable person
- to do exercise, like going for a walk alone or with someone you live with
- to spend time outdoors like sitting in a park

If you leave your home, you must stay at least 2 metres away from other people. While outside of the house avoid touching your face and as soon as you return home wash your hands thoroughly.

If you work in some jobs, like health care, police or schools, your children can still go to school.

If your child is aged under 18 and their other parent lives in a different house, they can go there to visit them.

If you, or someone you live with, has signs of coronavirus you should follow our 'staying at home' guidance.

The signs of coronavirus are:

- high temperature
- a new cough where you keep on coughing. This means coughing a lot for more than an hour, or more than two episodes of coughing in a day
- a change or loss of your sense of taste or smell

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Some people are most likely to be very ill if they get coronavirus. These are mainly people having treatment for serious health conditions, like people being treated for some forms of cancer or those that have had organ transplants. There is further guidance available on 'shielding'.

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