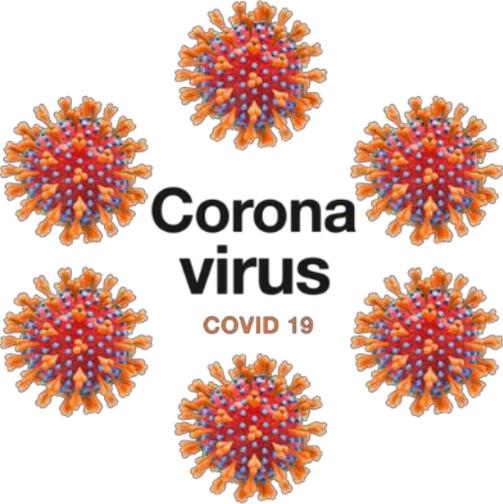


## Coronavirus (COVID-19)

### Keeping away from other people: Rules to follow when you go home

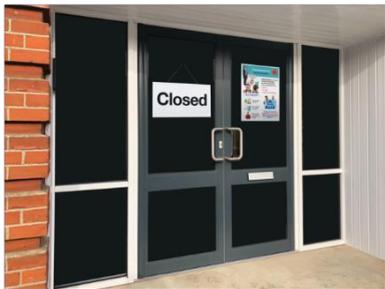
 <p><b>Corona virus</b> COVID 19</p>	<p>COVID-19 is a new illness. Lots of people call it coronavirus.</p> <p>It can affect your lungs and your breathing.</p>
	<p>When you leave prison, you must follow the rules to stop the spread of the virus and help keep you and your family safe.</p>



My House

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 shops, and other places in the community that we can manage without, should stay closed.



This includes:

- pubs and cinemas



- most shops and markets unless they sell food



Library

- 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



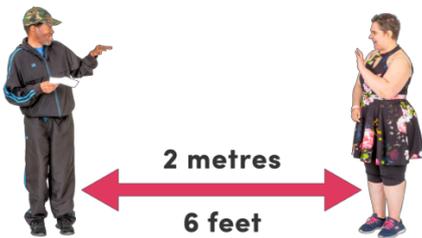
Hotel

- hotels, hostels, bed and breakfasts, campsites, caravan parks, and boarding houses except if people live there all of the time



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



If you leave your home, you must stay at least 3 steps (2 metres) away from other people.

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
- 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 **once** a day, like going for a walk alone or with someone you live with



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 the **stay at home** guidance.

The signs of coronavirus are:

- high temperature and/or
- a new cough where they keep on coughing. This means coughing a lot for more than an hour or three or more episodes of coughing in a day



Some people are **most likely to be very poorly** if they get coronavirus.

These are mainly people having treatment for some serious health conditions, like people being treated for some forms of cancer.