

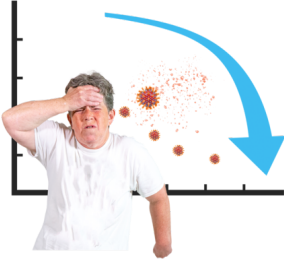
# New rules about meeting up during coronavirus

Things you need to think about to keep everyone safe in supported living

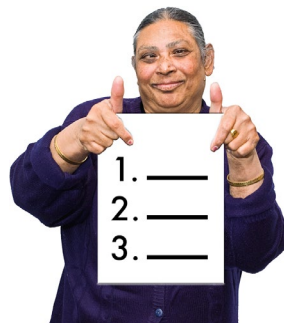


This document is an easy read version of **Let's talk about meeting up. It was** written by Cymorth Cymru and All Wales Forum for Parents and Carers. **17 August 2020**

# Meeting up with other people and staying safe



Fewer people are getting Coronavirus at the moment. So the Government are changing the rules about meeting up.



We want to make sure you know:

- What the new rules are.
- What you need to think about to keep safe.
- What we will do to help.

## The new rules



The new rules say you can make an **extended household**. This means you choose 1 other house to join with. You can meet with the people who live in the other house indoors.



It is important that you can see your friends and family. But there are still risks. We must think carefully to make sure we all stay safe.

# Things to think about



- Do you need to meet up face to face?



- Could you meet up on a video call?



- Do you need to meet up inside?  
Meeting up inside is not as safe as meeting outside.



- Can you meet up outside instead?  
Meeting up outside is safer.

## The other people you live with



Everyone who lives in a shared house needs to be safe. Especially people who have been **shielding**.



Some people have health problems that mean they need to be extra careful about coronavirus. This is called **shielding**. People who needed to **shield** were sent letters from Welsh Government.



Some people you live with might decide they do not want meet up with others. They might be worried about the risks to their health.

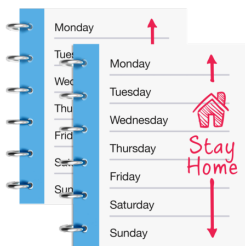
# What you need to decide



There are some things you and your family need to decide about meeting up with people:



- We want you to be honest about how you want to meet up with people.



- If someone you have been near gets Coronavirus, you will need to stay home and **isolate** for 2 weeks. Would you be happy to **isolate** if you had to?



**Isolate** means not going out and keeping away from other people. Including the people you live with.



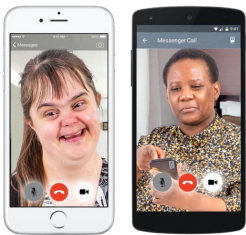
- Do you want to go in to other people's houses? Or would you prefer to meet up outside?



- Are you worried that you will be lonely if you do not meet up face to face?



- Are you happy to listen to the people you live with? Even if they have different views about meeting up with others?



- Are you happy to change the way you meet up with other people, if someone you live with is worried about their health?



# What we will do to help you



- We will support you and your family to understand your rights about meeting up with other people.



- We will help you and your family to have your say by making sure:
  - you have time to talk
  - you have the right person to talk to about how you are feeling
  - you are supported to say how you feel without feeling afraid.



- We will make sure you have the things you need to keep safe if you are meeting other people. Like **PPE**.



**PPE** stands for **Personal Protective Equipment**. These are things like gloves, face masks and aprons to stop infections spreading.

	<h2>For more information</h2>
	<p>If you need to talk to someone about any of this please contact:</p>
	<p>Your family Your friends Support staff, for example, your keyworker or manager of your support team.</p>
	<p>The rules about staying safe during coronavirus and who you can meet with change often.</p>
	<p><b>You can get up to date easy read information:</b></p>
	<ul style="list-style-type: none"> <li>On the <b>Public Health Wales</b> website here:  <a href="https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/coronavirus-resources/easy-read-resources">https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/coronavirus-resources/easy-read-resources</a> </li> </ul>
	<ul style="list-style-type: none"> <li>And on the <b>Learning Disability Wales</b> website here:  <a href="https://www.ldw.org.uk/project/coronavirus">https://www.ldw.org.uk/project/coronavirus</a> </li> </ul>





This document was made into easy read by  
**Easy Read Wales** using **Photosymbols**.