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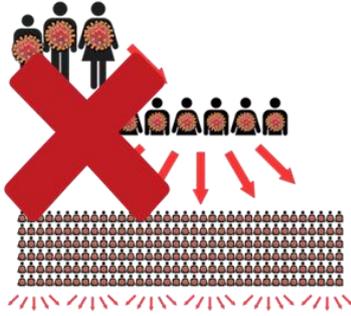
You must stay at home

What everyone must do to stop the spread of coronavirus from 24 March 2020. With changes from 11 May 2020



This is an easy read version of **Welsh Government: Full guidance on staying at home and away from others, 24 March 2020 and 11 May 2020**

11 May 2020



The Government has made new rules to help stop the spread of coronavirus. From 24 March 2020 you must stay at home.

You can **only** go out for these reasons:



- To go shopping to get things you really need like food or medicine.



- To do exercise twice a day, like a walk or run. You can do this alone or with people you live with



- If you need to go to the doctor.



- If you need to help or care for someone else.



- If you need to go to work because you have a job that **cannot** be done from home like working in a supermarket or in a hospital.

When you are out



- You should **only** go out **alone** or with **1** other person. This must be someone you live with.



- If you have a disability, autism or problems with your mental health you can go out with more than 1 person if you need to.

They must be people you live with or people who give you care and support.



- If you have a disability, autism or problems with your mental health you can also go out more than twice a day if you need to.



- You **cannot** go out and meet with family or friends. The Government has stopped any meetings of more than 2 people.

What places are closed?

The Government has now closed:



- Some shops like clothes shops that do **not** sell food, medicine or other important things
- Places like beauty salons or hairdressers
- Libraries and leisure centres
- Playgrounds
- Bars, restaurants and hotels
- Campsites and caravan parks.

What places are open?



- Supermarkets and food shops
- Chemists
- Vets
- Bicycle shops
- Garden centres.

What is being stopped?

The Government has now stopped:



- Social events like concerts or parties
- Weddings
- Baptisms or christenings
- Church services.



Everyone has to follow these rules. The police will check if people are following the rules or not.



The Government has said these rules are for 3 weeks. But they may last longer.