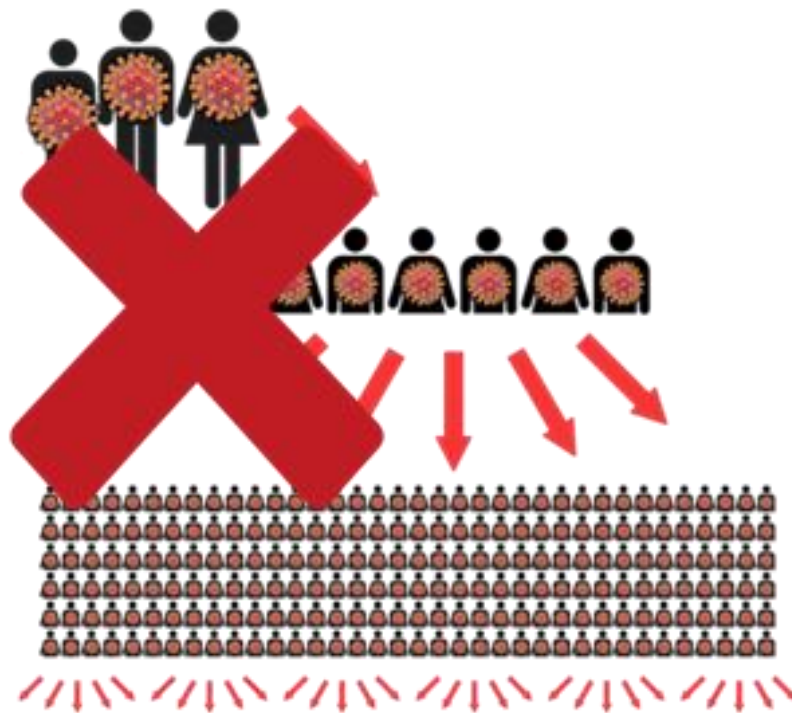


Changes to the coronavirus rules from 1 June 2020

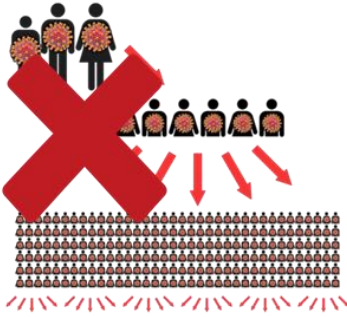
What everyone must do to slow the
spread of coronavirus from 1 June 2020.



This is an easy read version of the **Welsh Government's guidance on staying safe from coronavirus. 24 March 2020, 11 May 2020 and 1 June.**

1 June 2020

New rules for keeping safe



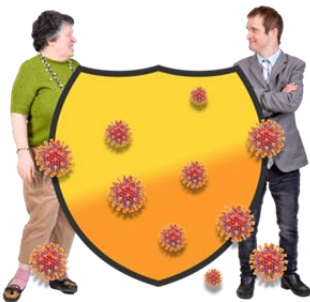
The Government has made new rules to keep on slowing the spread of coronavirus.



From 24 March 2020 you were told you had to stay at home.



From 1 June 2020 this rule has changed. You do not have to stay at home now, unless:



- you are **shielding**



- you have coronavirus symptoms, or live with someone who has symptoms.

Shielding



Shielding means staying home all the time because you are at risk of getting very ill if you get coronavirus. People who should be **shielding** have been sent letters from Welsh Government.



The advice for people who are **shielding** changed on 1 June. For more information read: **Changes to the advice for people who are shielding from 1 June 2020**

www.ldw.org.uk/project/coronavirus

If you or someone you live with has symptoms



If you have coronavirus symptoms you must stay home for at least 7 days.



If you live with someone who has coronavirus symptoms and you do not, you must stay at home for 14 days.



For more information about when and how long to self isolate go to:
phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/coronavirus-resources/easy-read-resources/

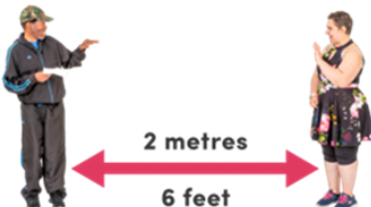


We all still need to stop the spread of coronavirus. So there are still rules that **everyone** must follow.

There are now 4 main rules we all must follow:



1. You have to stay **close to home**. And you must not be inside with people who you do not live with. Unless this person is a carer.



2. When you go out you must stay at least **2 metres** away from other people.



3. You cannot meet up with people from **more than 1** other house at a time.

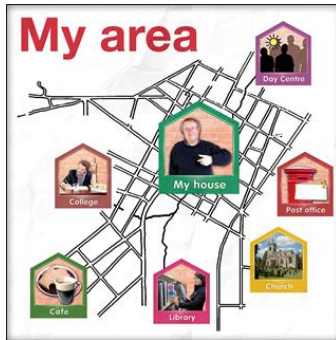


4. Certain businesses must stay **closed**.

Staying close to home



When you go out, you must stay near to where you live.



You should stay within 5 miles of your home.



This may be hard if you live in the countryside. So if you need to travel further to go to your nearest shops, or to get important services that is ok.



But try not to be outside of your local area for too long.



You should keep working from home if you can. If you cannot, your boss must make sure you can keep 2 metres away from other people whilst at work.

Meeting other people



You can now meet up with friends and family who live in **1 other house**.



You can **only** meet up with people from up to 1 other house at a time. You can meet up with people from more than 1 other house in a day, as long as the meetings are separate.

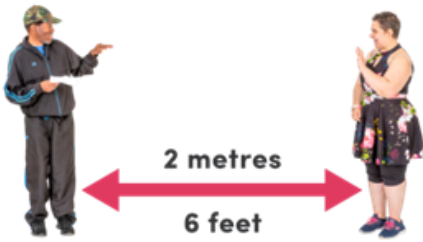


You must not go into their house. And they must not go into your house.



You must stay outside when meeting other people. And they must live near you so you can all stay close to home.

At all times you must still:



- Stay at least 2 metres away from other people.



- Wash your hands often for at least 20 seconds.



- Try not to touch your face.



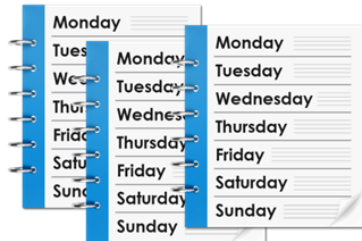
- Try to stay away from places that are busy.



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



These rules are helping us to slow the spread of coronavirus. And lower the risk of people dying from coronavirus.



Welsh Government will keep checking these rules every 3 weeks.



For more information about the changes to the rules visit the Welsh Government website: www.gov.wales/guidance-changes-coronavirus-regulations-1-june

You may need support to read this. Ask someone you know to help you.



For up to date easy read coronavirus information visit the **Learning Disability Wales** website: www.ldw.org.uk/coronavirus



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