

Getting Wales out of coronavirus lockdown

What we think should happen next



This document was written by **Welsh Government**. It is an easy read version of '**Unlocking our Society and Economy: continuing the conversation**'.

June 2020

How to use this document



This is an easy read version. The words and their meaning are easy to read and understand.



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



Words in **bold blue writing** may be hard to understand. They have been explained in a box below the word.



If the hard word is used again it is in **normal blue writing**. You can check what the words in blue mean on **page 22**.



Llywodraeth Cymru
Welsh Government

Where the document says **we**, this means **Welsh Government**. For more information visit our website:

Website: gov.wales/unlocking-our-society-and-economy-continuing-conversation



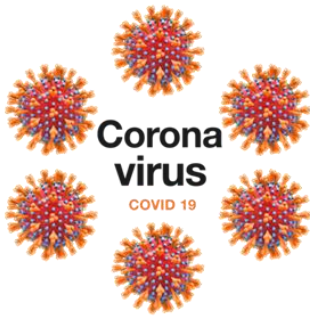
This document was made into easy read by **Easy Read Wales** using **Photosymbols**.

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Introduction



We have been in lockdown because of coronavirus for over 8 weeks.



We know after spending so long in lockdown, people need to have an idea about what will happen next.



This document is about our ideas for what we should do next.

We have all had to make big changes to our lives because of coronavirus, so we can:



- keep ourselves and each other safe
- protect our health services
- slow the spread of coronavirus.



Everyone has done really well. Together we have slowed the spread of coronavirus. Thank you.



Because of this we can start thinking about how we come out of lockdown.



We need to think very carefully about this. If we make big changes to the rules too quickly, coronavirus might come back again. And infect even more people.



There is no quick or easy way to get back to normal. And there is a lot we need to think about.

What we need to think about



We all need to realise that life will not be normal again for many months. Maybe even years.



Coronavirus will be a serious risk to us until we have a **vaccine** or treatment.

A **vaccine** is a medicine that helps people fight off infections to stop them getting sick.



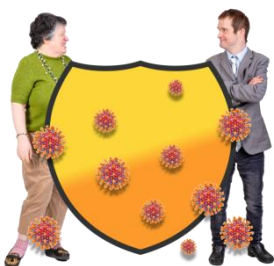
So until we do have a **vaccine**, we still need some rules about things like where we can go. And how many people we come into contact with.



Because coronavirus is going to be around for a long time, we want and need to make the rules easier to live with.



Lockdown is hard. We do not want the rules to be too strict when they do not need to be.



But we also need rules that help us keep coronavirus under control.



We need to balance what things are most important to people. Like seeing their family, going back to work or visiting the seaside. We cannot do everything all at once.



And we need to think about how the changes we make are linked. For example people cannot go back to work, if they do not have childcare because schools and nurseries are still closed.

We need to look at who is most at risk. For example:



- children and young people who find missing school hardest because life at home is difficult



- people with poor mental health



- people who are at risk of **abuse**.

Abuse is when someone hurts you or treats you badly.



We need to think about what is best for our businesses and the **economy**. And also what is best for our health and happiness.

The **economy** is how much money a country has.



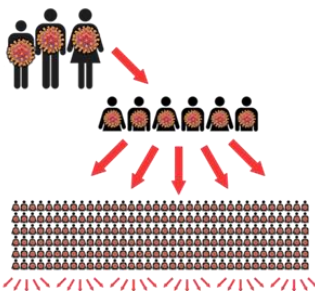
We need to keep speaking to people to find out what is important to them.

To help us keep coronavirus under control, we also need a way to:



- **Test**

Test people who have symptoms of coronavirus. A cough, fever or loss of taste or smell.



- **Trace**

If a test says you have coronavirus, find out where you have been and who you have been near.



- **Protect**

Support people who have been near someone with coronavirus. Give them advice to stop it spreading further.



We are working hard to find a good way of doing this. Then we can start changing the rules.

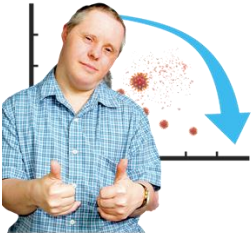


We have started making changes to places where we come into contact with each other. Like town centres, workplaces and shops. Ready for when the rules do start changing.

How we will check we are making the best decisions



The rules and laws are there to help us all keep safe from coronavirus.



We will only change the rules when we know the changes will not be harmful to our health.



At the same time, we will not make people follow rules when they do not need to. This is also important for our health.

Before we make any changes we will check:



- What affect any change might have on our ability to control coronavirus.



- What we could do to keep coronavirus under control as we make changes.



- How our decisions affect the health of everyone in Wales.



We will listen to experts like the Chief Medical Officer for Wales.



We will learn from what other countries are doing to deal with coronavirus.

Our ideas for getting out of lockdown



Here are our ideas for slowly and carefully ending lockdown.



We have already written guidance for workplaces.



We will write guidance to help people decide what they do and who they see. The steps in this plan will help us with this.

Each of the steps has a colour. We have used traffic light colours:



Black is lockdown.



Red is the next step, when the rules do not need to be as strict as lockdown.



Amber is the next step. We will move into amber when we are ready to relax the rules a little bit more.



Green is the last step. We will only be able to move out of the green step when we have a [vaccine](#).



We will not be able to move fully from 1 colour to the next. We will slowly do more and more things in each colour when the time is right.



This will depend on whether we still have coronavirus under control or not. We may have to move backwards through the colours if coronavirus starts spreading again.



The rules in **bold writing** are the rules that people were following on 15 May. We will change this as things change.

The traffic light plan



Education and care for children

Lockdown

15 May

All closed. Only children of key workers and children at risk from harm will be able to go to school or child care.

Red

15 May

No changes. But more children whose parents are key workers, or who are at risk from harm can go to school or child care.

Amber

Certain groups of children can go to school. More children can go to child care.

Green

Everyone can go back to school and education. All children can go to child care.



Getting around

Lockdown

We can only leave the house when we really need to.

Red

We can travel places that are close to home. We can pick up things from shops. And go outdoors for fun and exercise.

Amber

We can travel to different places for fun and to relax. More places can open, like shops that do not sell things we need to live.

Green

We can go anywhere as much as we want. But we should still be careful and follow rules.



Seeing family and friends

Lockdown

15 May

We stay home. We can only see the people we live with.

Red

You can see 1 person from outside your home for care or support. You must try to keep at least 2 metres apart.

Amber

We can go out and exercise with 1 other person. Or a small group of people. We must keep 2 metres away from people we do not live with.

Green

We can meet up with 1 other person or small group of people. To talk and be together. We must keep 2 metres away from people we do not live with.



Exercise, playing sport and games

Lockdown

You can exercise once a day on your own. Or with the people you live with.

Red

15 May

You can exercise more than once a day. As long as you stay close to home. Outdoor sports courts can open. Professional athletes can start doing more.

Amber

You can play sports and games in small groups outdoors. Some outdoor sports events with small crowds will be allowed. Sports events with no crowds can be shown on TV.

Green

All sports and different activities can open. We must still keep 2 metres away from other people. All sports events can be put on, but the crowds must be small.



Relaxing and special occasions

Lockdown

You must stay at home and only leave the house when you really need to.

15 May

Red

You can relax and be outside in places close to your home.

Amber

More places like museums and art galleries can open. You can have a wedding or other special event. But not many people will be able to be there.

Green

All special occasions can be celebrated. All places like leisure centres and parks can open. But we must still be careful.



Working or running a business

Lockdown

You must work from home if possible. There is a list of businesses that must close. If you have to go to work, you must keep 2 metres from other people.

Red

15 May

Shops can offer click and collect. Some businesses can open again, as long as they take steps to keep people safe.

Amber

Shops can open again as long as they can keep people 2 metres apart. Businesses like hairdressers can start taking appointments. Some hotels can open. As long as people do not need to share things like toilets.

Green

All businesses and workplaces can open. But they must have rules for keeping people away from each other.



Going shopping

Lockdown

Only shops that sell the things you need to live can be open.

Red

15 May

Other shops can offer click and collect. Start to make changes to town centres and shopping streets to keep people away from each other.

Amber

Most shops and town centres can be open. As long as people are able to stay 2 metres away from each other.

Green

All shops and public places can be open. But we must all be careful and follow rules for keeping safe.



Using public services

Lockdown

We can only use emergency services. Or services we need for our health.

Red

15 May

Slowly open different services like the tip and libraries. Open more health and social services.

Amber

Slowly open more and more services.

Green

All public, health and social care services are open. We must still follow rules, be careful and try to stay 2 metres away from each other.



Going to places like church

Lockdown

15 May

All places like churches are closed. They can only be used for funerals.

Red

Places like churches can start to open for people to pray on their own. They must stay 2 metres away from each other.

Amber

We can have some church services. As long people are able to keep 2 metres away from each other.

Green

All places can open. All services can be held. But we must be careful and be able to stay 2 metres away from each other.

Further information



This is a rough guide to how we can slowly end lockdown in the best way.



We will write the rules for each step in more detail as we go along. We will keep talking to lots of people from our communities, businesses and services to make the best decisions.



We want to keep talking to people about all this. If you would like to tell us about what is making your life hard during coronavirus, and how our plans could help, please visit our website: gov.wales/unlocking-our-society-and-economy-continuing-conversation



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Welsh Government

For the latest information about coronavirus, go to the Welsh Government website:

gov.wales/coronavirus



For information about coronavirus and keeping safe go to the Public Health Wales website:

phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/



Learning Disability Wales
Anabledd Dysgu Cymru

And you can find lots of easy read information about coronavirus on the Learning Disability Wales website: ldw.org.uk/project/coronavirus

Hard words

Abuse

Abuse is when someone hurts you or treats you badly.

Economy

The economy is how much money a country has.

Vaccine

A vaccine is a medicine that helps people fight off infections to stop them getting sick.