

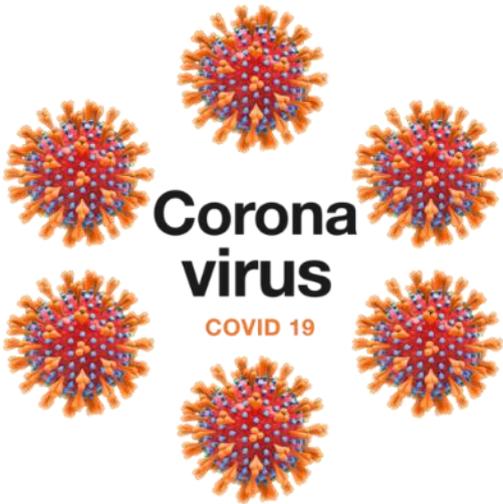


Public Health
England

Protecting and improving the nation's health

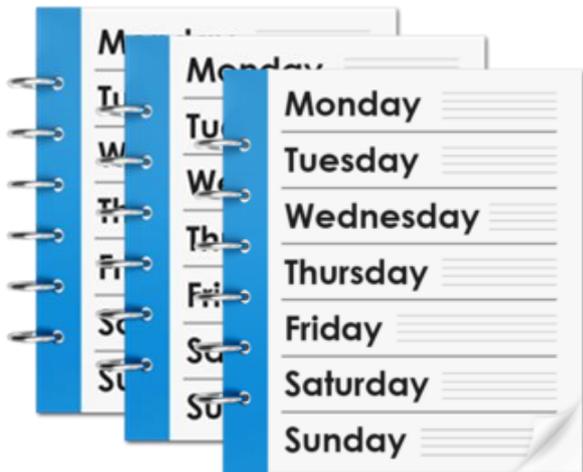
Coronavirus (COVID-19)

Keeping away from other people: new rules to follow from 23 March 2020

 An illustration of several coronavirus particles, which are spherical with a textured surface of orange and blue spikes. The text "Coronavirus" is written in large black letters, with "COVID 19" in smaller orange letters below it. <p>Coronavirus 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>
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From 23 March 2020 there are 3 important new rules everyone must follow to stop coronavirus spreading.



These rules will be in place for at least three weeks.

	<p>1. The first rule is that you must stay at home.</p> <p>You should only leave your home if you really need to for one of the reasons listed further down in this guidance.</p>
	<p>2. The second rule is that most shops, and other places in the community that we can manage without, should stay closed.</p>
 	<p>This includes:</p> <ul style="list-style-type: none">• pubs and cinemas• most shops and markets unless they sell food

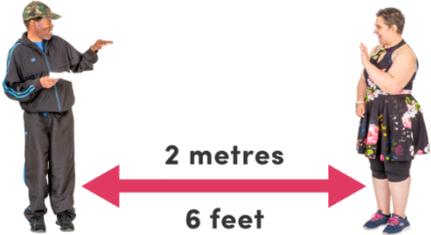
 <p>Library</p> 	<ul style="list-style-type: none">• libraries, community centres, and youth centres• leisure centres such as bowling alleys, gyms and soft play centres
    <p>Hotel</p>	<ul style="list-style-type: none">• playgrounds, sports courts and outdoor gyms• places of worship• hotels, hostels, bed and breakfasts, campsites, caravan parks, and boarding houses except if people live there all of the time

	<p>3. The third rule is that people must not meet in groups of more than 2 in public places unless:</p> <ul style="list-style-type: none">• they live together• their job means that they have to
	<p>Events have been stopped. This includes occasions like weddings and baptisms.</p>
	<p>Funerals can still happen.</p> <p>Only a small number of people who were very close to the person who has died can go. Everyone must stay at least 3 steps away from each other.</p>

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

 <p>A diagram illustrating social distancing. On the left, a man in a dark jacket and cap stands facing right. On the right, a woman in a floral dress stands facing left. A red double-headed arrow spans the space between them, with the text "2 metres" above it and "6 feet" below it.</p>	<p>If you leave your home, you must stay at least 3 steps (2 metres) away from other people.</p>
 <p>Three images stacked vertically. The top image shows a chef in a white uniform. The middle image shows a teacher in a dark top and green skirt standing next to a blackboard. The bottom image shows two police officers in uniform, one holding a radio.</p>	<p>If you work in some jobs, like health care, police or schools, your children can still go to school. You can see a full list of these jobs here.</p>



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.

There is **other guidance** about what those health conditions are and extra things people need to do to try to stop themselves from getting coronavirus.

The pictures in this summary are from Photosymbols: <https://www.photosymbols.com/>