

Alert Risk

Medium



The coronavirus rules in Medium areas (Tier 1)

October

15

This guide was made on the
15th of October 2020.

Alert Risk

Medium



This guide is only for people who live in areas in England with a **medium** coronavirus rating (**Tier 1**)



This easy read tells you about the rules in areas of England with a **medium** risk from coronavirus.

Alert Risk

Medium

Alert Risk

High

Alert Risk

Very high



Areas of England can also be rated as **high (Tier 2)**, or **very high (Tier 3)**.

Make sure you know if the place where you live is **medium**, **high**, or **very high** at the moment.



The coronavirus rules can change, so make sure you are reading the most up to date version of this guide.



Households and support bubbles



Your household is the people you live with.



You do not have to socially distance with the people in your household.



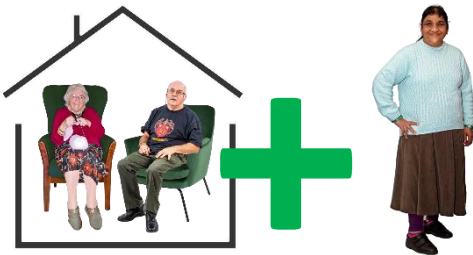
So you can hug or touch if you want to.



There are special rules for people who live on their own.



There are special rules for single parents with children under 18.



People who live on their own, or single parents with children under 18, can join up with 1 other household.



This is called making a **support bubble**.



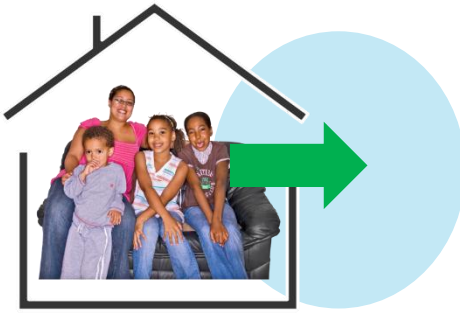
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The rules count everyone in the support bubble as 1 household, even though they do not live together.



1

Each household can only be part of 1 support bubble.



Every person in the household has to be part of the same support bubble.



You do not have to socially distance from anyone in your support bubble.



Support workers or carers who come to visit you do not count as your support bubble.



You can still have carers or support workers supporting you **and** have a support bubble.



Meeting other people



In **medium** areas the rules are the same for meeting people **indoors** and **outdoors**.



Meeting up with large groups of family and friends is against the law.



The police can make you pay a large fine if you are caught meeting up in a big group.



You can meet up in groups of **6** people or less.



The 6 people can be **from any household** or support bubble.



If you have a carer or support worker with you, they are not counted.



It is ok to be in a group bigger than 6, as long as any extra people are there to support a disabled person.



It is ok to be in a bigger group if it is an emergency or if you are in danger.



To find out more about the rules, [visit the government website](#) or call [the Learning Disability Helpline](#) on **0808 808 1111**.



If you are out, and see someone you know, you should be careful about going to say hello.



You must make sure that you do not end up making a group bigger than is allowed.



If you are already in a group, and the person is in another group, try not to mix the groups together.



It is always ok to wave.



If you want to go over and say hello, check if it is ok first.



Staying overnight



You can stay overnight in a group of 6
– yourself and up to 5 other people.



Or more than 6 if you are all part of
the same household or support
bubble.



You can have a support worker or
carer with you, and they will not be
counted.



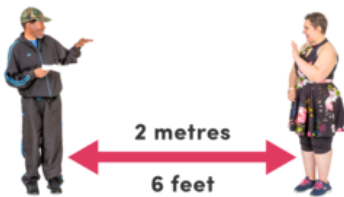
You can stay in someone's house or
you can go on holiday together.



Social distancing



You do not have to social distance from anyone in your household, or your support bubble if you have one.



You should try to keep 2 metres away from everyone else.



You can only touch people in your household, support bubble, or people who you are in a relationship with.



Sometimes you may need to wear a face covering. Find out more in our [guide to the rules about face coverings](#).



Travelling



You can travel as far as you want.



It is ok to use public transport, like buses and trains.



Try not to use public transport at busy times, like during rush hour.



There are [rules about wearing face coverings](#) on public transport.



Keep as much space between you and other passengers as you can.



Try to find other ways to travel if you can, like walking or riding a bike.



If you visit other parts England, or Scotland, Wales or Northern Ireland, you must follow the rules of that place.



Avoid travelling to places in England that have a **very high** rating.



Remember to wash or sanitize your hands often when you travel.



Groups and clubs

There are special rules for some groups and clubs who can have more than 6 people. This includes:



- Music groups and choirs



- Support groups



- Sports groups



Some groups and clubs are allowed to stay open, others will have to stay closed.



Ask the person in charge of your group or club if it is running at the moment.



Shops and businesses



Most businesses like restaurants, shops, pubs, cinemas, and hotels are allowed to open.



Public places like libraries, community centres, places of worship, outdoor playgrounds and outdoor gyms are able to open.



There are [rules about wearing face coverings](#) inside shops, business and public places.



You can meet other people in these places, as long as your group is not too big.



You may have to give your name and contact details to visit some places, so they can get in touch with you if they think you have been near someone who has coronavirus.



You can **check in** to some places using the coronavirus Track and Trace app.



There may be rules about how to move around inside buildings, for example staying at your table, or a one way system.



Restaurants, bars and takeaways have to close to walk in customers at **10pm**.



You can still order a takeaway for delivery, click and collect or drive-through after 10pm.



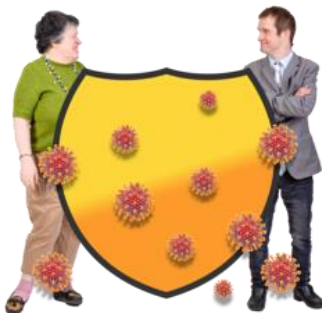
People who need to take extra care



This means people who may become more unwell than other people if they get coronavirus.



Some people have medical conditions that means they are likely to become very unwell if they got coronavirus.



When coronavirus started, the government asked these people to stay at home, or 'shield'.



Shielding was stopped in the summer when fewer people had coronavirus.



The government do not want to ask people to shield again unless coronavirus gets very bad.



This is because it was very hard for people to stay at home all the time.



The government is asking people who are more likely to become very unwell to be very careful, and do everything they can to stay safe.



Coming soon: We are making easy read information about how you can stay safe if you are more likely to become very unwell with coronavirus.



Information for parents



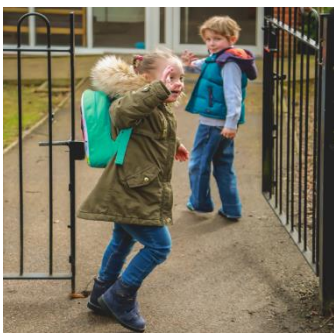
You may need some extra information to help you take care of your family at this time.



There are some special rules for parents who have children.



Coming soon: We are making an easy read guide for parents with a learning disability. This is to help you understand how the new rules may affect families.



The guide will also tell you about what services may be open at the moment, including schools.



Do you need more information?



Visit the [Mencap website](#).



Visit the [Learning Disability England website](#).



Call the **Learning Disability Helpline**
on **0808 808 1111**.



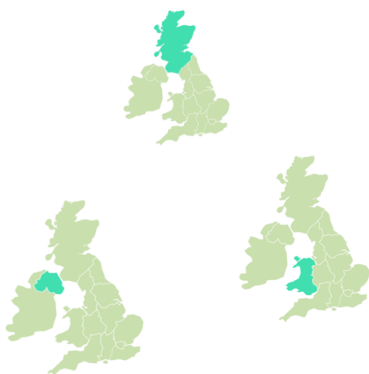
**If you have any problems following
the coronavirus rules, or get in any
trouble, do ask for help.**



**Every country in the UK has
different rules about coronavirus.**



This guide is about the coronavirus
rules in England.



Get information about the rules in
other UK countries here:

- [Scotland rules](#)
- [Wales rules](#)
- [Northern Ireland rules.](#)

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