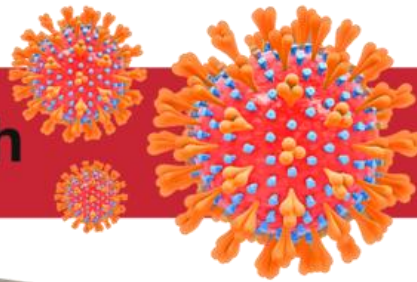


Alert Risk

Very High



The coronavirus rules in **Very High** areas (**Tier 3**)

October

15

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

Alert Risk

Very High



This guide is only for people who live in England with a coronavirus rating of **very high (Tier 3)**



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

Alert Risk

Medium

Alert Risk

High

Alert Risk

Very high

Areas of England can also be rated as **medium (Tier 1)**, or **high (Tier 2)**.



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 from the people in your household.



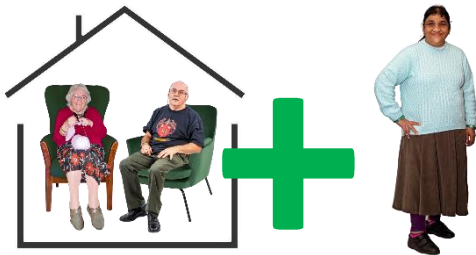
So you can hug or touch if you want to.



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



There are special rules for single parents who have children under 18.



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



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



1

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 visiting you **and** have a support bubble.



Meeting people indoors



Indoors means in your house, or any other building.



You **must not** meet indoors with friends or family you do not live with, or who are not in your support bubble.



You can meet up with people in your household or support bubble, if you have one.



The police can make you pay a large fine if you are caught meeting up indoors with people who are not in your household or support bubble.



It is ok to meet up with people who are there to support you – such as carers, support workers, social workers, doctors or nurses.



It is ok to meet with other people indoors, if there is an emergency or if you are in danger.



There are also special rules for things like weddings and funerals.



If you are inside any building, and you see someone you know, who is not from your household or support bubble, you **should not** go over and say hello.



It is ok to wave.



Meeting people outdoors



If you want to meet up with friends and family that are not in your household or support bubble, you **must meet them outside.**



You must only meet family and friends in public spaces **in your area**, including:

- The park or public gardens
- The beach, countryside or forests, if you have them
- Outdoor sports courts and playgrounds





- You **must not** meet up in someone's garden.



- You **must not** arrange to meet up in the street.



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



It does not matter what support bubble or household the people come from.



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



It can be ok to meet up with family and friends in a group bigger than 6, as long as any extra people are there to support a disabled person.



It is always ok to meet with other people if it is an emergency or if you are in danger.



There is a list of other reasons from the government about when it is ok to meet in other places.



There is a list of other reasons from the government about when it is ok to meet with more than 6 people.



Find out more about when you can meet more than 6 people, indoors or outdoors, by **looking at the [government website](#)** or **calling the [Learning Disability Helpline](#) on 0808 808 1111**



Saying hello to people you know



If you are out of the house, and see someone you know, you **should not** go over to them to say hello.



This is the same indoors, and outdoors.



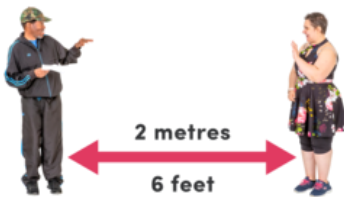
It is always ok to wave.



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 [information on the rules about face coverings](#).



Travelling



Try to cut down on how much you travel.



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



There are rules about wearing face coverings on public transport.



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



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



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



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

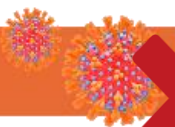
Alert Risk

Medium

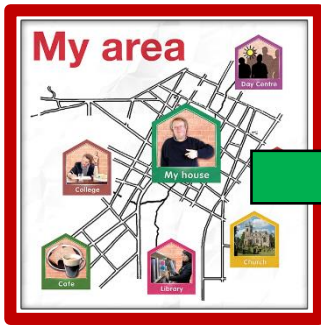


Alert Risk

High



Because you live in a **very high** risk area, you should not travel to other areas that are **medium** or **high** risk.



You should not travel out of a **very high** risk area, unless:



- you have to go to work



- you have to go to school or college



- you have to look after someone else



If you need to travel outside of your area for important appointments, **ask for advice on what to do.**



Staying overnight



You can only stay overnight with other people, in someone's house, or in a hotel, if:



- They are part of your household or are in your support bubble.



- They are your carer or supporter



Groups and clubs

There are special rules for groups and clubs.

This includes:



- Music groups and choirs
- Support groups
- Sports groups



Closed

Some groups and clubs will be 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



When local areas are **very high** risk, the government works with the local council to decide which things can stay open, and which things need to close.



Some businesses like hairdressers, pubs and cinemas may need to close.



Some public places like libraries or community centres may need to close.



Supermarkets and shops selling things that you really need, like food, or medicine should stay open.



Find out what the extra rules are in your area by [visiting the government website](#), or calling the Learning Disability Helpline on **0808 808 1111**.



Sometimes these extra rules are called **additional restrictions**.



If you are worried about getting the things, or services you need, call the Learning Disability Helpline on **0808 808 1111**.



When places stay open, there will be rules about how to move around inside, for example, one way systems or staying at your table.

Name R. Smith
Address 224 West St
Manc kle
Phone Number _____

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 are rules about wearing face coverings inside public places.
[Click here to find out more about the rules on face coverings.](#)



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



You may still be able to order a takeaway for delivery, click and collect, or drive-through after 10pm.



Closing times may change if there are extra rules in your area.



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 there are very high numbers of coronavirus cases.



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 an easy read guide to help you find out more about what you can do to take extra care.



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**



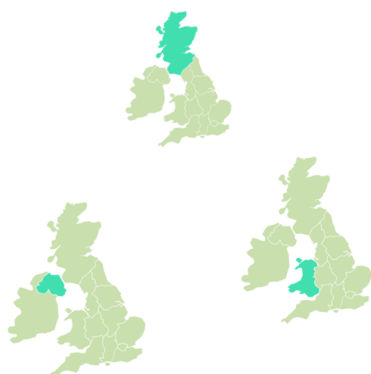
**If you have any problems following
the coronavirus rules, or get in any
trouble, do ask for help.**



**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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