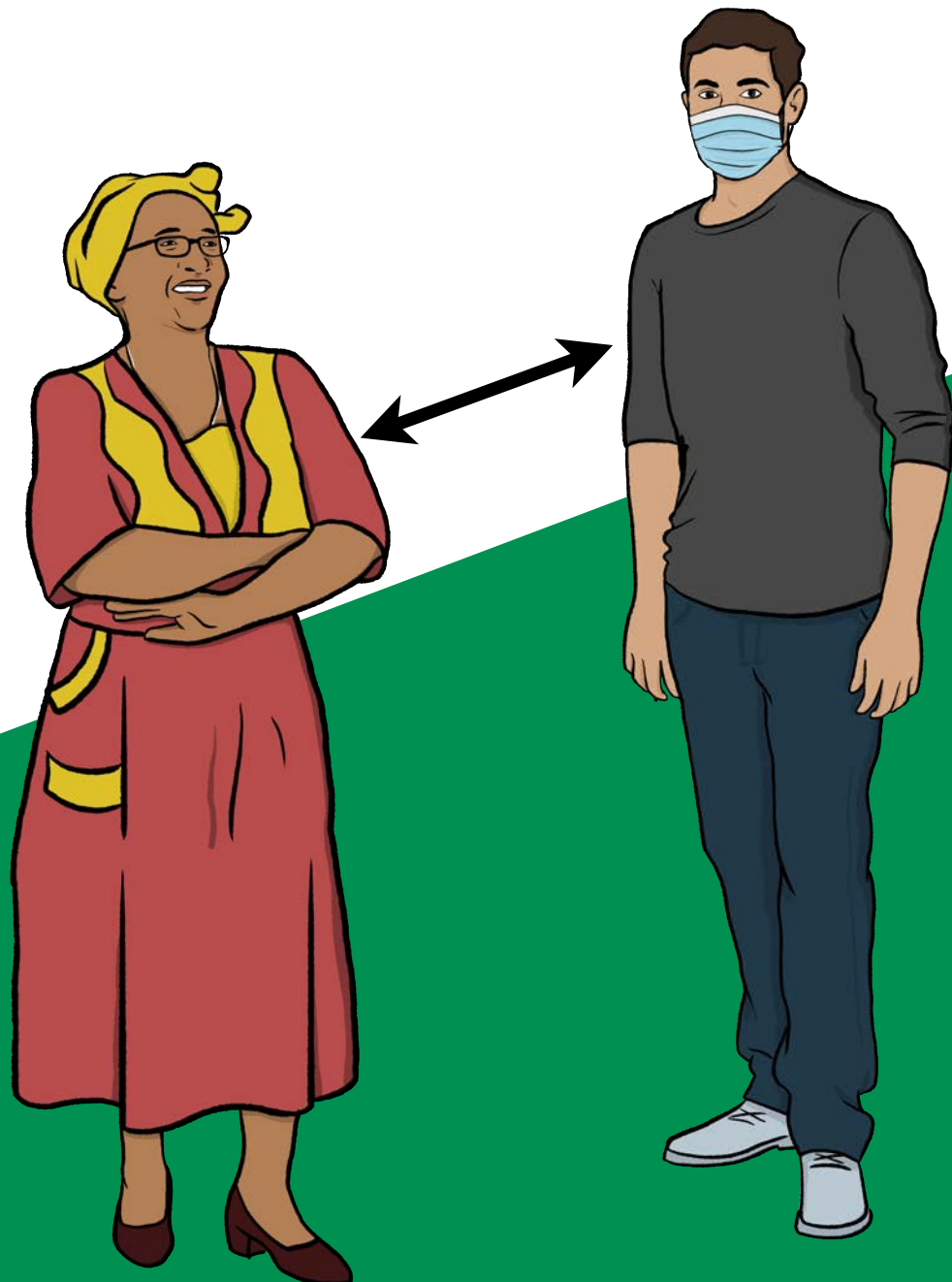




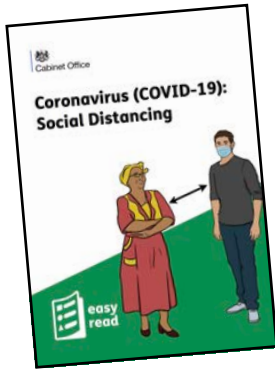
Cabinet Office

# Coronavirus (COVID-19): Social Distancing



easy  
read

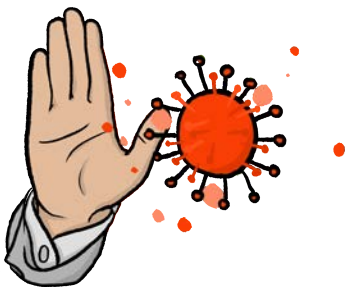
# Introduction



This is the Government's guidance about **Social Distancing** in England.



**Social Distancing** means keeping apart from people.



You must follow this guidance to help stop the spread of **COVID-19**.



**COVID-19** is also called Coronavirus. It is a new illness that is spreading around the world. It can affect your lungs and breathing.

## Wash, Face, Space

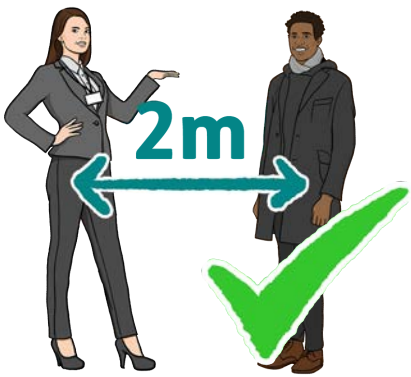


You must:

- **Wash your hands** regularly and for 20 seconds.



- **Wear a face covering** indoors when you are with people you don't usually meet.



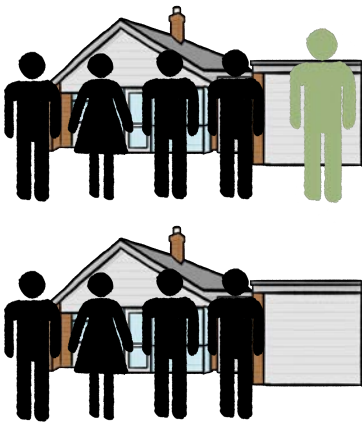
- **Stay 2 metres apart** from people you don't live with.

# Social distancing



You should stay indoors as much as possible.

If you do go out, you should stay 2 metres apart from anyone who is not from your **support bubble** or **household**.



A **support bubble** is where a single person joins with people from another **household**.

**Household** means people who live together in the same house.



You should not:

- get close to other people
- be face-to-face with other people



- shout or sing close to other people.



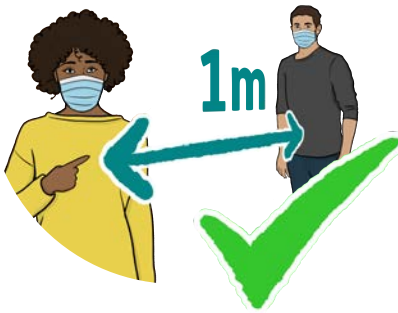
You should avoid busy places.



You should avoid touching things that other people have touched.

## If you can't stay 2 metres apart

If you can't stay 2 metres apart from other people, you should stay more than 1 metre apart and do these things to keep safe:



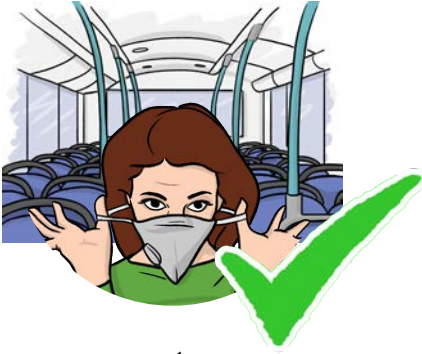
- wear a face covering



- try to move outdoors, where it is safer



- keep windows and doors open if you are indoors.



## Face coverings

The law says you must wear a face covering:

- on buses, trams and trains
- in many indoor places.



Certain people don't have to wear a face covering.

## Looking after children

You should try to be socially distanced when you are looking after children.

Even if you can't do this all the time, you should stay apart as much as possible.



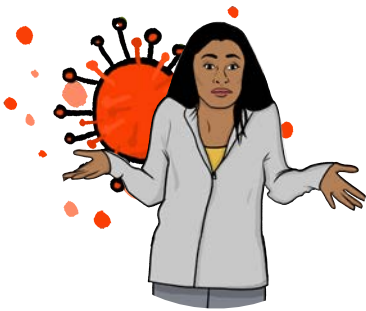
You can do some extra things to keep you and children safe, like washing hands and opening windows.





## How COVID-19 spreads

COVID-19 is more likely to spread when people are close together.



People can spread the illness without knowing they have it.



It can spread through talking, breathing, coughing or sneezing.

# Meeting other people



From 5 November, you must not meet people indoors unless they live with you or are in your support bubble.



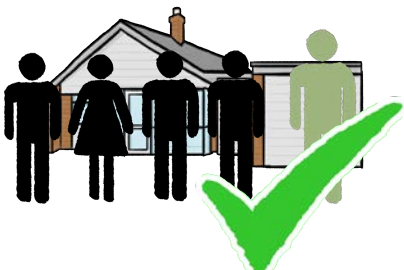
You can meet someone who has a child with them, under 5 years old.



You can meet with a disabled person who has up to 2 carers with them.



Couples that do not live together and are not in a support bubble with each other can carry on seeing each other outdoors.

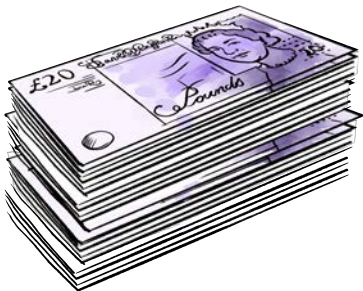


You can exercise outdoors, or visit outdoor public places, with:

- the people you live with
- your support bubble
- 1 person from another household.







Outdoor public places include:

- parks, beaches and countryside
- public gardens
- allotments
- playgrounds.

You cannot meet people in a private garden.

## Against the law

Meeting in larger groups is against the law, except for certain reasons.

The police can fine you if you meet up in groups.

You could get a fine of between £200 and £6,400.

If you meet up with more than 30 people you could get a fine of £10,000.

# For more information



If you need more information please  
go to:  
**[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)**