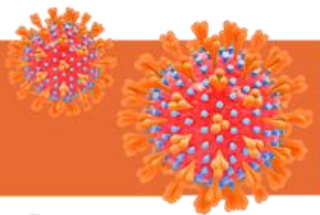


Alert Risk

High



The coronavirus rules in High areas (Tier 2)

October

15

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

Alert Risk

High



This guide is only for people who live in England with a coronavirus rating of **high (Tier 2)**

RULES



This easy read guide tells you about the rules in areas of England with a **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 **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 from the people in your household.



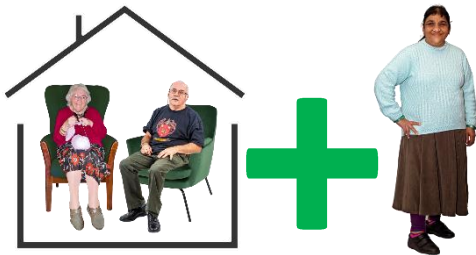
So you can hug or touch if you want to.



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



Meeting people indoors



Indoors means in your house, or any other building.



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



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



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.



There are some other times when it is ok to meet with other people indoors, this includes if you are helping someone in 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



Outdoors, you can meet up with friends or family 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 the extra person is there to support a disabled person.



There are some other times when it is ok to meet with more than 6 people outdoors, this includes in an emergency or if you are in danger.



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 be very careful about going to say hello.



It does not matter if you are indoors or outdoors, you must still be careful.



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.



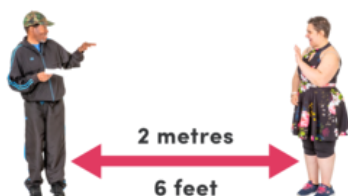
If you want to go over and say hello, check if it is ok first.



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 2m distance 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



Try to cut down on how much you travel, if you can.



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.



If you visit other parts of England, or Scotland, Wales or Northern Ireland, they may have different coronavirus rules that you must follow.



Because you live in a **high** risk area, you must follow the **high** rules about not meeting other people indoors, even if you travel to a different part of England.



You should avoid travelling to places with a **very high** rating.



As long as you stick to the rules, you can travel as far as you want to.



Remember to wash or sanitize your hands often.



Staying overnight



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



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



- They are your carer or supporter



You cannot stay overnight with any other people.



Groups and clubs

There are special rules for some groups and clubs. 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.



Remember, you should not arrange to meet up somewhere indoors with people who are not in your household or support bubble.



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



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 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 an easy read guide 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**



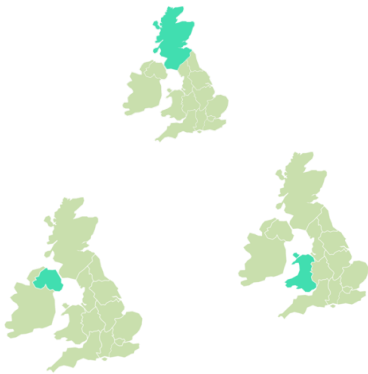
If you have any problems following the coronavirus rules, or get in any trouble, do ask for help.



**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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