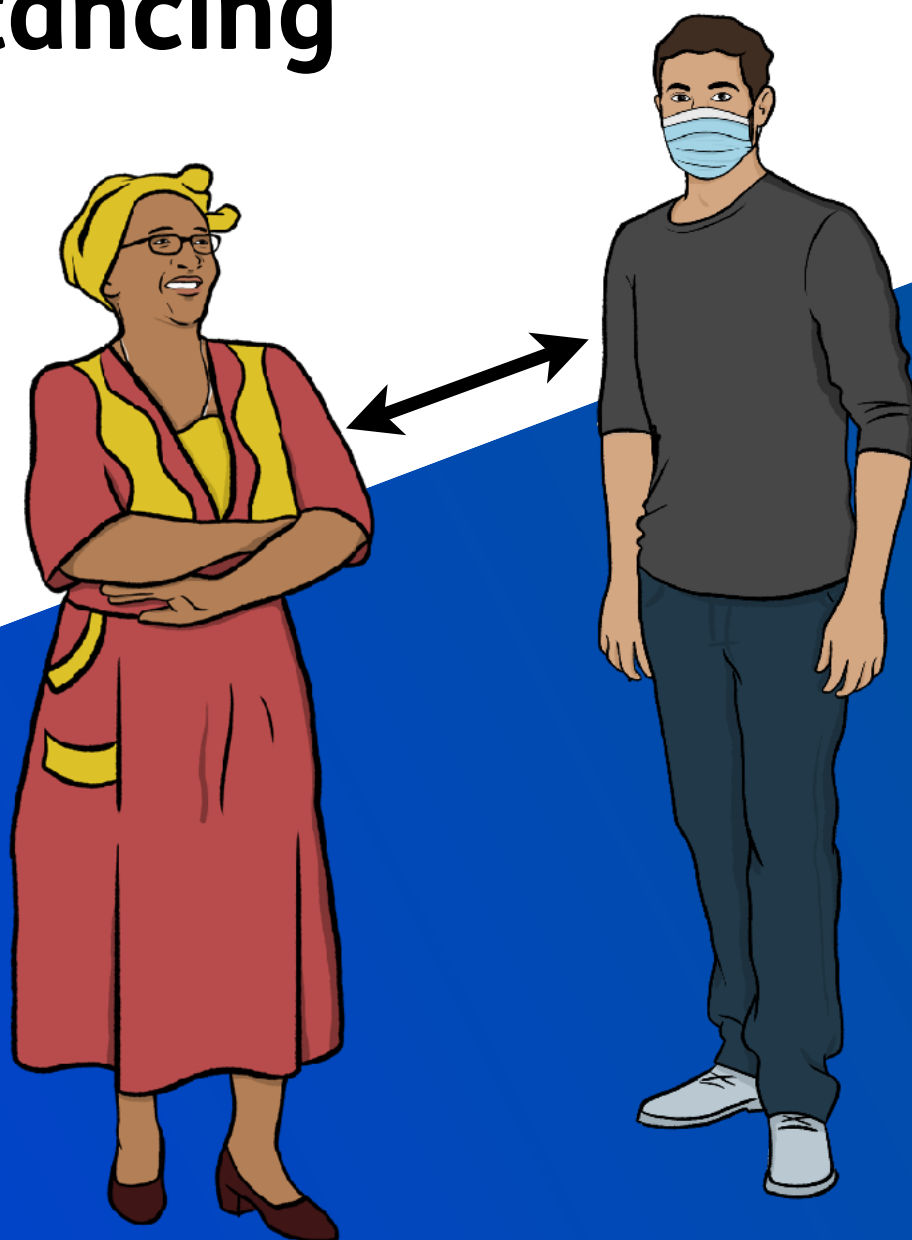




Cabinet Office

COVID-19: Meeting with others safely

Social Distancing



easy
read

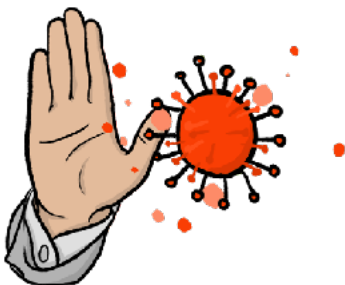
Introduction



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



Social Distancing means keeping apart from people.

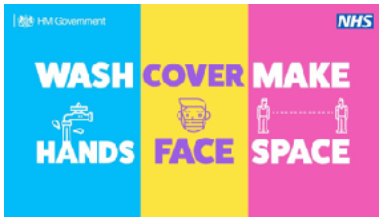


You must follow this guidance to help stop the spread of **COVID-19**.



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

Hands, face, space



Everyone should do these things to help to keep safe from COVID-19.



Hands

Wash your hands regularly and for 20 seconds.



Face

Wear a face covering indoors when you meet people you don't live with.

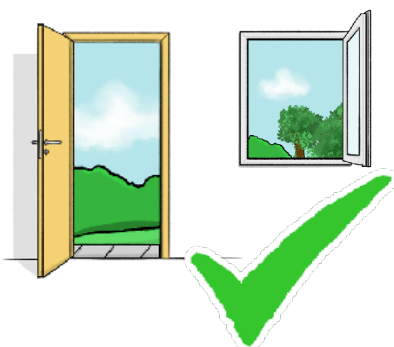


Space

Stay 2 metres apart from people you do not live.

It is much safer to:

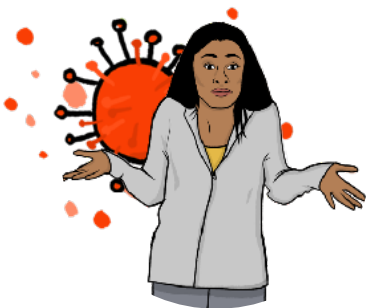
- meet people you do not live with outside
- open windows and doors to let fresh air in when you have to meet people inside.



How COVID-19 spreads



COVID-19 spreads when people are close together.



Some people have COVID-19 without knowing they have it.

You may catch COVID-19 without knowing.



You may be spreading the illness even though you feel well yourself.

Social distancing



When you are with people who you do not live with, you should:

- spend as little time as possible with them



- keep 2 metres apart - that's 6 feet.



You should avoid:

- touching them



- being close and face-to-face



- shouting or singing close to them.



You should also avoid:

- busy place with lots of people



- touching things that other people have touched.

If you can't stay 2 metres apart

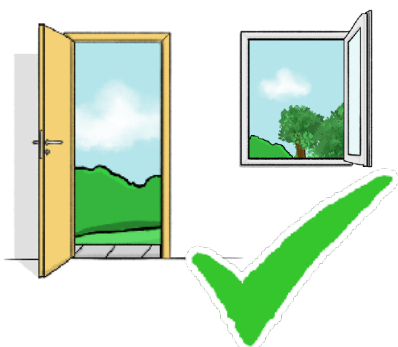
If you can't stay 2 metres apart from other people, you should stay more than 1 metre apart and do these things to keep safe:



- wear a face covering



- try to move outdoors, where it is safer

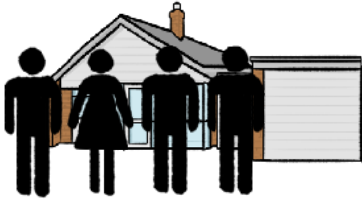


- keep windows and doors open if you are indoors.

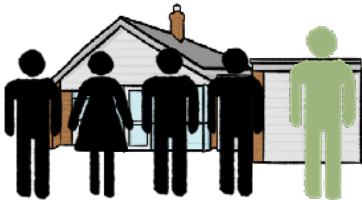


Your household or bubble

You don't have to be socially distanced from people in your **household** or **bubble**.



A **household** means people who live together in the same house.



A **bubble** is where people from different households join together for a certain reason, like childcare or support.

Who you can meet



It depends on which **tier** you are in.

A **tier** is a level.



The Government has put each area of the country into different tiers.



The area where you live may change tiers depending on how many people have COVID-19.

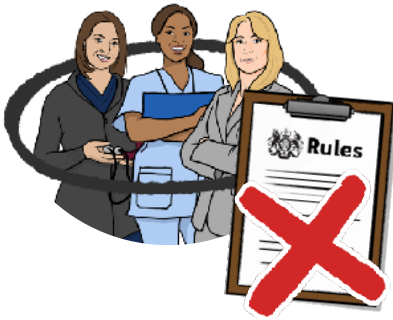


You can find out which tier you are in here: **www.gov.uk/find-coronavirus-local-restrictions**



Socialising or working?

Socialising means meeting up with people for fun or seeing friends or family.



The social distancing rules apply to people who are socialising, but not to people who are working.



Tier 1

If you are in tier 1 you can meet with friends and family you do not live with in a group of up to 6, indoors or outdoors.



Tier 2

If you are in tier 2:

- you can only meet up indoors with people who are in your household or bubble
- you can meet with friends and family you do not live with in a group of up to 6, outdoors.



Tier 3

If you are in tier 3:



- you can only meet up indoors, in a private garden or most outdoor places with people who are in your household or bubble
- you can meet up with up to 6 people who are not in your household or bubble in a:
 - park, beach or countryside
 - public garden
 - allotment
 - the grounds of a historical building
 - outdoor sports place
 - playground.



Children

The limit of 6 people includes children of any age.

If you break the rules



The police can take action against you if you meet in larger groups.



You may be fined up to £200 if you don't follow the law.

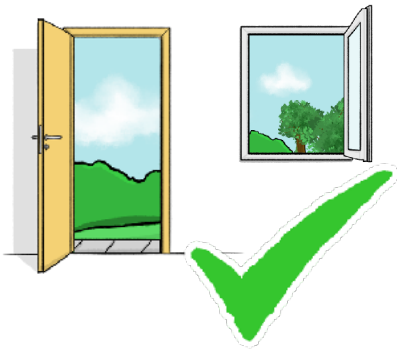


If you keep breaking the law, the fines get bigger and could go up to £6,400.



If you help to organise a gathering of more than 30 people, the police can make you pay a fine of £10,000.

Letting fresh air into your home



You can help to stop COVID-19 spreading indoors by:

- opening windows and doors as much as possible



- using an **extractor fan**.

An **extractor fan** takes air from a room to the outside. People often have them in kitchens and bathrooms.



Don't get too cold

Wear warm clothes or extra layers if you are cold.



In cold weather, opening a window just a little bit will help.

For more information



If you need more information please go to:

www.gov.uk/meeting-with-others-safely