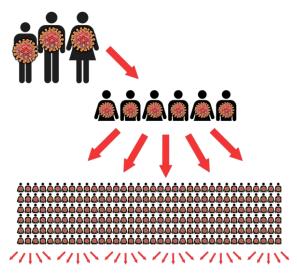


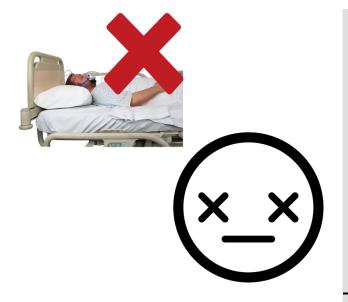
A lot of people are getting ill because of **Coronavirus**.



Coronavirus spreads from person to person.



If too many people get coronavirus at the same time, there won't be enough space in hospitals for everyone.



If people can't go to a hospital, they will get very poorly.



This is why the government has set rules that everyone must follow:



Stay at home.





You can only go outside for these reasons:



Food shopping



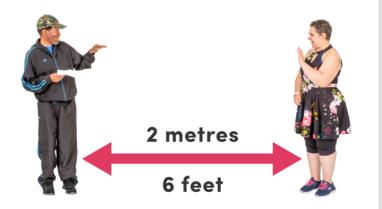
See a doctor/nurse or get medicine



Daily exercise such as walk, run or cycle



Work, if you can't work from home



If you must go outside, stay away from people at least 2 metres away (approximately 3 steps).



You must not meet up with your friends or family, even if they seem healthy.

Healthy people can still have coronavirus.









All schools, day centres, gyms and libraries are closed.







All restaurants, pubs and cafes are closed. You can still order takeaway.



All shops that don't sell food are **closed**.



All churches, mosques, synagogues and temples are closed.



Only food shops, pet shops, pharmacies, banks and post offices are open.









You can order food and other shopping online.



You can speak to your **family** and **friends** on the **phone** and **online**.



You can do lots of interesting things at home, such as gardening, artwork, music, cleaning, watching films and playing games.



## You can look at some ideas here:

https://www.achievetogether.co.uk/coronavirus/activities-forhomes/

The Government will tell us when it is safe to start spending time with our families and friends again.

We don't yet know when this will be.





**STAY HOME, STAY SAFE!**