

Stay at home for the NHS

Coronavirus rules of the lockdown

The uk lockdown was announced on the 23rd March. The country has now been in lockdown for 38 days. The lockdown was extended for an extra 3 weeks, which is until the 7th of May. However the lockdown time can still be extended.

The lockdown rules: (what to do and what not to do)

- *Stay at home*
- *Only leave your home for the following purposes:*
- ***Shopping for basic necessities infrequently as possible***
- ***One form of exercise a day, for example a run, a walk or cycle. ALONE OR WITH MEMBERS OF YOUR HOUSEHOLD please note walking your dog counts as a 1 form of exercise.***
- ***Any medical need. To provide care or help a vulnerable person.***
- ***Travelling to and from work- only when this is absolutely necessary you should try and work from home.***
- *Do not meet friends*
- *Do not meet family members who do not live in your home*
- *Do not go shopping unless its for essentials like food or medication but do this as little as you can*
- *Use food delivery services where possible*
- *Only gather in a group of up to 2 in public, this excludes people you live with.*
- *Always try to stay 2m apart*

If these rules are not followed, the police do have the power to enforce them through fines and dispersing gatherings. To help people follow these rules all shops that sell non essential goods will be closed. This includes clothing and electronics. Libraries, playgrounds, outdoor gyms and places of worship have also been closed. All social events have been canceled, this includes weddings, baptisms and other social events. However this excludes funerals. Parks will remain open but only for exercise, but there are no gatherings allowed.

Stay at home for the NHS!