



The lockdown rules in England

March

8

The rules in this guide started
on Monday 8th March 2021.



This guide is for people living in England.



The coronavirus rules in England mean that lots of things are closed.



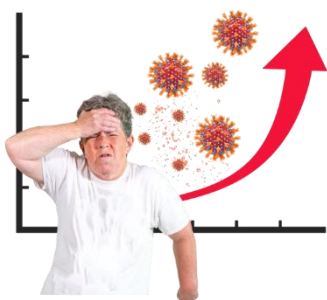
Some people call this a **lockdown**.



The lockdown started on 6th January 2021.



The government have said they will end the lockdown on Monday 29th March.



The lockdown started because lots of people tested positive for coronavirus.



The rules are the same everywhere in England.



You can get in trouble with the police, and may have to pay a fine, if you break the coronavirus rules.



Stay at home



During the lockdown you must stay at home as much as you can.



This guide will help you understand what the rules are during the lockdown.



Households and support bubbles - this has not changed



Your household is the people you live
with.



You do not have to socially distance
with the people in your household.



So you can hug or touch if you want
to.



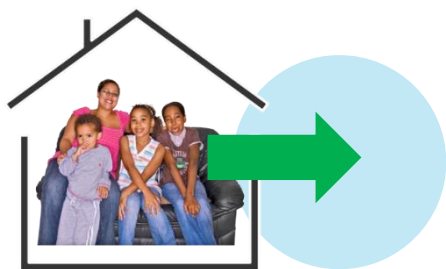
There are some special rules that let
1 household join up with another
household to make a support bubble.



The rules count everyone in the support bubble as 1 household, even though they do not live together.



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.



You can join up with another household to make a support bubble:



- if you are the only person over 18 in your house, for example, a single parent.



- if you are over 18 and live on your own with another adult who needs help from you all of the time because of their disability or health condition (you are a full-time carer for someone).



- if you have a baby who is under 1 year old or 12 months (even if you live with another adult)



- if you live with a child under 5 years old who needs help all of the time because of their disability or health condition (even if you live with another adult)



Any household, no matter how many people are in it, can join up with one of the households on this list to make a 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 visiting you **and** have a support bubble.



Going out – this has changed



You must stay at home unless you have a good reason to go out.

Good reasons to go out include:



- To shop for things you really need, like food from the supermarket.



- To get childcare or go to school, college or university.



- To go to work if you cannot work from home.



- To get exercise or visit an outdoor public place.



- To go to hospital or to a health appointment.



- To visit people in your support bubble.



- To give care to a vulnerable person.



It is always ok to go out in an emergency, or if you need to get away from harm or danger.



You can go out with:



- Anyone in your household or support bubble



- A carer or supporter



- A disabled person that you support, who needs you to be with them all the time.



The rules about meeting with friends and family you do not live with have changed.



Meeting friends and family indoors



Indoors means in your house, or any other building.



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



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



It is ok to meet up with people who are there to support you – such as carers, support workers, social workers, doctors or nurses.



It is ok to meet with other people indoors, if there is an emergency or if you are in danger.



It is ok to have people in your home to fix things, like a plumber, or an electrician.



Meeting friends and family outdoors – this has changed



You can meet outdoors with one person who you do not live with, or who is not in your support bubble.



You can exercise with this person (things like go for a walk, or play football).



You can sit and chat with this person.



You can have a drink or a picnic with this person.



You must socially distance from people if they are not in your household or support bubble.



You **must not** meet up in someone's private garden unless they live with you, or are in your support bubble.



You can only meet up with **1** person if they are not in your support bubble, or you do not live with them.



It is ok if the person you are meeting needs to bring a small child (under 5), or a disabled person that needs support all the time.



It is ok to take a carer or supporter with you if you need help.



If you have a small child under 5, or a disabled person that you look after, it is ok to take them with you.



It is always ok to meet with other people if it is an emergency, or if you are in danger.



[There is a list of other reasons from the Government about when it is ok to meet with a larger group.](#) This includes going to a Day Centre for up to 15 people.



Seeing friends and family if you live in a care home



Each care home has different rules.



Sometimes people who visit have to meet outdoors, or sit behind a screen or in a special room.



People who visit a care home have not been allowed to touch or hold hand hands with the person they visit.



If you live in a care home you can now choose 1 person to visit you indoors.



You can hold hands with this person if you both feel it is safe to do so.



You might be able to have other visitors, but you are not allowed to hold hands with them.



You are not allowed to hug anyone who visits you.



Everyone who visits a care home has to wear extra things like a mask, apron or gloves.



Saying hello to people you know



If you are out of the house, and see someone you know, who is not in your household or support bubble, you **should not** go over to them to say hello.



This is the same indoors, and outdoors.



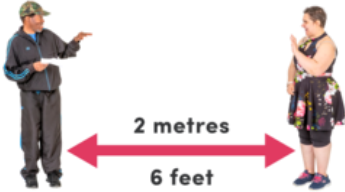
It is always ok to wave.



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 2 metres away from everyone else.



You should try not to touch friends or family who you do not live with, or who are not in your support bubble.



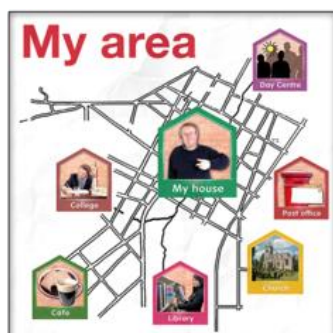
If your carer or support worker needs to touch you to help you, they will wear extra things like a glove, mask or apron.



Travel



You must only travel when you need to.



You **must not** leave your local area like your town or your part of the city unless you have to.

You **can** travel:



- If you need to go to work (if you cannot work from home)



- If you need to go to school or college



- For hospital, doctor and other medical appointments.



- To visit businesses that are open (like a supermarket or a chemist)



- To visit somewhere outdoors to exercise.



- To see people in your support bubble.



- To care for someone you support.



Try not to use public transport, like buses and trains, unless you have to.



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.



Staying overnight



You can only stay overnight with other people if:



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



- They are your carer or supporter



You can stay overnight if you need to for work, in an emergency, or if you need to stay in hospital.



Groups and clubs



Closed

Most groups and clubs need to close.



Some groups and clubs are allowed to stay open.



Groups may be able to stay open if they are for work, or for giving people support.



Ask the person in charge of your group or club if it is running at the moment.



Day centres and activities



Some day centres can stay open.



They must follow rules to keep everyone safe.



This includes making sure people can socially distance, and having up to 15 people in at a time.



Contact your day centre to check if they are open and what rules they have.



Shops and indoor public places



Supermarkets and shops selling things that you really need, like food, or medicine will stay open.



Shops that sell things we do not really need, like hairdressers, pubs or clothes need to close.



Leisure centres, cinemas and theatres will be closed.



Libraries and community centres may still be open for some services.



When places do stay open, there will be rules about how to move around inside, for example, one way systems.



There are rules about wearing face coverings inside public places.
[Find out more about face coverings here](#)



Restaurants, cafes and pubs are not allowed to have people stay to eat or drink.



Many of these places will still be doing takeaway for delivery, click and collect, or drive-thru.



If you are worried about getting the things, or services you need, ask someone you trust for help, or call the Learning Disability Helpline on **0808 808 1111**.



Places of worship, weddings and funerals



Places of worship will be open for normal services.



You should keep away from people you do not know or live with.



Weddings can go ahead but only with 6 guests. They should only go ahead if they really need to.



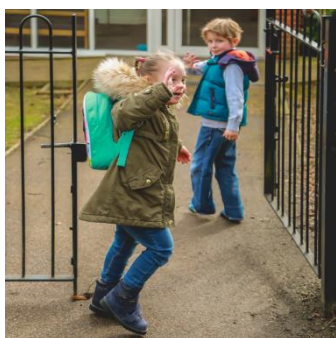
Funerals in a place of worship, or a public place, can go ahead and up to 30 people can go.



Information for parents – this has changed



You can still have a childcare bubble.



Schools and colleges will be open to all children and young people.



Childminders and nurseries should stay open.



Some support groups for parents may be able to stay open.



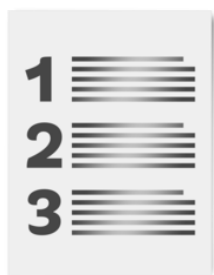
People who need to take extra care



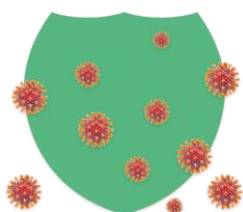
This mean people who may become very poorly if they get coronavirus.



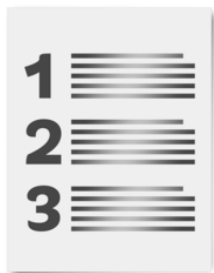
Sometimes they are called people who are 'Clinically extremely vulnerable' or people who have been asked to shield.



Doctors surgeries keep a list of people who are 'Clinically extremely vulnerable.' This is sometimes called a shielding list.



At the start of November the government added adults with Down's Syndrome to the list of people who need to take extra care.



In February and March some extra people were added to the shielding list because the Government found out more about coronavirus.



You can find out more about this and how to keep safe if you are at risk of getting very poorly from Coronavirus [here](#)



People who are on the shielding list should have had a letter with advice about what to do.



All the advice for people who are likely to get very unwell is just advice. This is not the law.



Do you need help or more information?



Visit the [Mencap website](#)



Visit the [Learning Disability England website](#)



Call the **Learning Disability Helpline**
on **0808 808 1111**



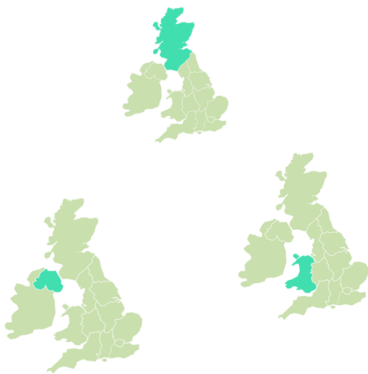
If you have any problems following the coronavirus rules, or get in any trouble, please ask for help.



**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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