

CORONAVIRUS AND THE LAW

Applies from the 4th July (ENGLAND ONLY)

The government has lifted some of the restrictions on what we can do so we can start to do more in our everyday lives again. This table explains what changes have been made to the new Coronavirus laws and regulations and why.

KEEPING THE VIRUS UNDER CONTROL



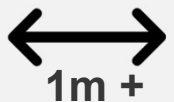
Coronavirus can infect people very easily. Someone who has the virus may pass it on to others through coughs or sneezes.



The virus may also be left on hard surfaces. This is why it is important to wash your hands regularly for at least 20 seconds.



To help keep the virus under control and stop it from spreading, we need to make changes to what we do in our day to day lives.



We must still limit our contact with others as much as we can and keep at least 1 metre apart from those we do not live with.

LIFTING LOCKDOWN



Some restrictions on what we cannot do in our lives are being lifted because the virus is not spreading as much.



We can now leave our homes more often. But there are new restrictions we must follow to keep the spread of the virus under control.



The Government has updated the guidance to help people understand what they can do to help stop the spread of the virus.



People can read the guidance if they want to by visiting this website:
www.gov.uk/coronavirus

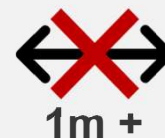
SUPPORT BUBBLE



A person who lives alone and another home can create a support bubble. The members of the support bubble must always stay the same.



A support bubble will be treated as if everyone is part of the same home even though they do not all live together.



Members of a support bubble do not have to socially distance from each other. They can also stay somewhere overnight together.



A support bubble can meet another person or group of people who live together but must keep at least 1 meter apart from them.

WHO YOU CAN MEET



Two different homes can now meet but must keep at least 1 meter apart. Meetings of more than two homes indoors are still not allowed.



Meetings can be indoors or outdoors. However the virus can spread more easily indoors so it is safer to meet outdoors if you can.



You can meet a different group of people who live together each time but you should avoid lots of meetings in a short space of time.



Meetings of more than 30 people in **private** homes or outdoor spaces are not allowed. The police are allowed to stop these meetings.

WHAT CAN I DO?

The government says we have to make changes to the way we might do things in our everyday lives. This is because there is still a risk of catching Coronavirus. This table explains what we might have to do to keep ourselves safe in certain circumstances.

GOING OUTSIDE



You can now go outside as much as you want to. For example, you can go outside for exercise, rest, play sport or to socialise.



You can either meet up to 6 people from different homes OR two large groups of people who live together in the same homes.



You must keep at least 1 meter apart from those outside your home or support bubble. You should also avoid crowded places.

LEISURE



You can now go to pubs, cafes restaurants, libraries, community centres, places of worship, outdoor playgrounds and outdoor gyms.



You can go to these places with people you live with or support bubble and one other home. You should not socialise with others there.



You may have to give your contact details when you visit these places. Someone may call you if someone who had the virus was there too.

SHOPPING



All shops are now allowed to reopen. This means you can go shopping for non-essential items such as clothes, games, presents etc.



New rules are in place to help keep people safe when they are shopping. Signs will be displayed to tell you what to do.



You may have to queue before you go into a shop and follow a one way system. You may also be asked to use hand sanitiser as you enter.

TRAVELLING



You should still try and avoid public transport where possible. You should try to walk, cycle or drive to places if you can.



If you need to use public transport, the law says you must wear a face mask or covering unless you have a good reason not to.



Good reasons not to wear a face mask are having a health condition or disability or if wearing one would cause you distress.

If you would like to access some more resources on Coronavirus, you can go to the NAS website where free information is available: <https://www.autism.org.uk/services/helplines/coronavirus/resources.aspx>

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