



The new lockdown rules in England



This guide was made on
7th January 2021.

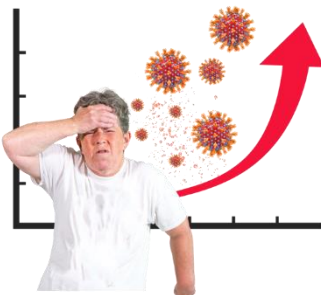
This guide is for people living in England.



There is a new lockdown in England.



This means there are new, tougher, coronavirus rules in England.



There are new rules because lots more people tested positive for coronavirus.



The lockdown started on 6th January 2021.



The Government have said they will check the rules again in February.



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.



There are new rules about meeting other people and when you can go out.



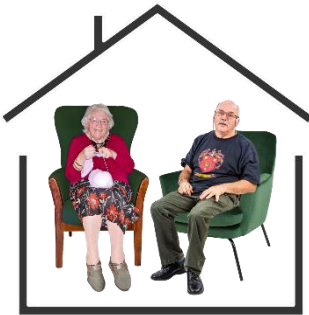
Some of the old rules about households, support bubbles and face coverings have stayed the same.



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.



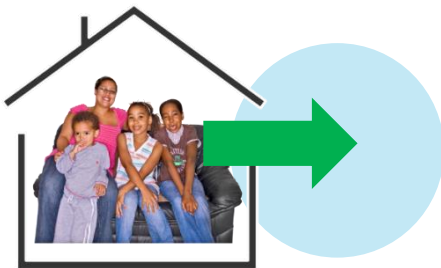
There are some special rules that let
1 household join up with another
household to make a support bubble.



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 support from you all the time.

For example, if you are a full-time carer for someone.



- if you have a baby who is under 1 year old even if you live with another adult.



- if you live with a child under 5 years old who needs support all 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
– this has changed**



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.



**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 only meet one friend or family member outside to exercise and must socially distance 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 support.



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. You can see the full list [here.](#)



Saying hello to people you know – this has changed



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.



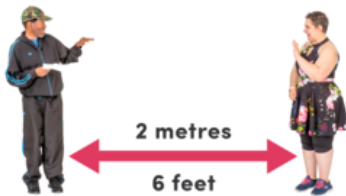
It is always ok to wave.



Social distancing – this has changed



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 2m distance away from everyone else.



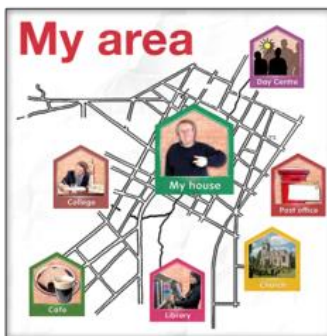
You should try not to touch friends or family who you do not live with or who are not in your support bubble.



Travel – this has changed



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.

There are some times when it is okay to 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 – this has changed



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 – this has changed



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 – this has changed



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 – this has changed



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 shops 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, like having 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 – this has changed.



Places of worship will be open for normal services.



You should keep away from people you do not live with or are in a support bubble 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. You will need to socially distance from people you

don't live with or are in a support
bubble with.



Information for parents – this has not changed



You can still have a childcare bubble.



Schools will only be open for children who are vulnerable or have parents who are key workers.



Childminders and nurseries should stay open.



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



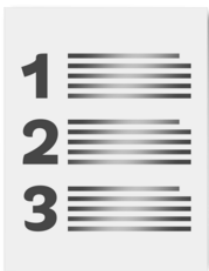
People who need to take extra care – this has changed.



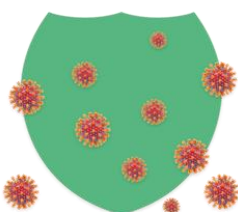
This mean people who may become very poorly if they get coronavirus.



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.



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 this list will be getting a letter telling them what they need 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**.



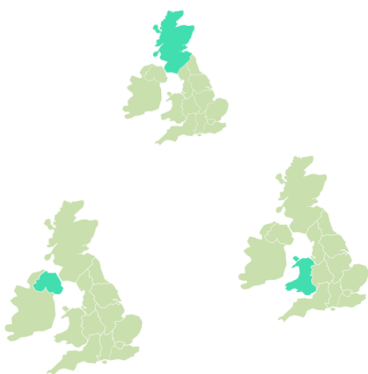
If you have any problems following the coronavirus rules, or get in any trouble, please ask for help.



**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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