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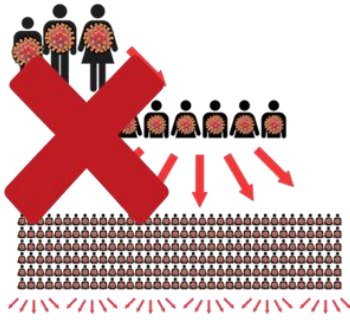
You must stay at home

What everyone must do to stop the spread of coronavirus from 24 March 2020



This is an easy read version of **Welsh Government: Full guidance on staying at home and away from others, 24 March 2020**

24 March 2020



The Government has made new rules to help stop the spread of coronavirus. From 24 March 2020 you must stay at home.

You can **only** go out for these reasons:



- To go shopping to get things you really need like food or medicine.



- To do exercise once a day, like a walk or run. You can do this alone or with people you live with



- If you need to go to the doctor.



- If you need to help or care for someone else.



- If you need to go to work because you have a job that **cannot** be done from home like working in a supermarket or in a hospital.

When you are out



- You can **only** go out with **1** other person. This must be someone you live with.



- You **cannot** go out and meet with family or friends. The Government has stopped any meetings of more than 2 people.

What places are closed?

The Government has now closed:



- Some shops like clothes shops that do **not** sell food, medicine or other important things
- Places like beauty salons or hairdressers
- Libraries and Leisure centres
- Parks and playgrounds
- Bars, restaurants and hotels
- Campsites and caravan parks.

What places are open?



- Supermarkets and food shops
- Chemists
- Vets
- Bicycle shops.

What is being stopped?

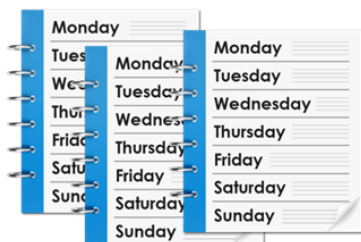
The Government has now stopped:



- Social events like concerts or parties
- Weddings
- Baptisms or christenings
- Church services.



Everyone has to follow these rules. The police will check if people are following the rules or not.



The Government has said these rules are for 3 weeks. But they may last longer.