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

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 1 person 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.