

Local restrictions (rules) now in place 31st of July 2020

EasyRead

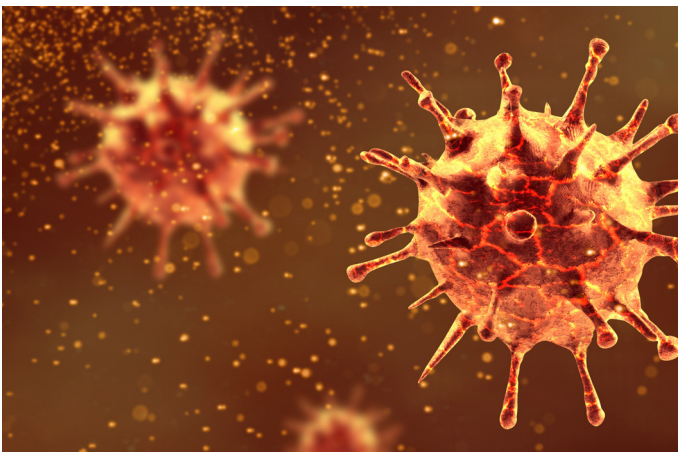


There has been an outbreak of coronavirus in Bradford and some other parts of West Yorkshire.



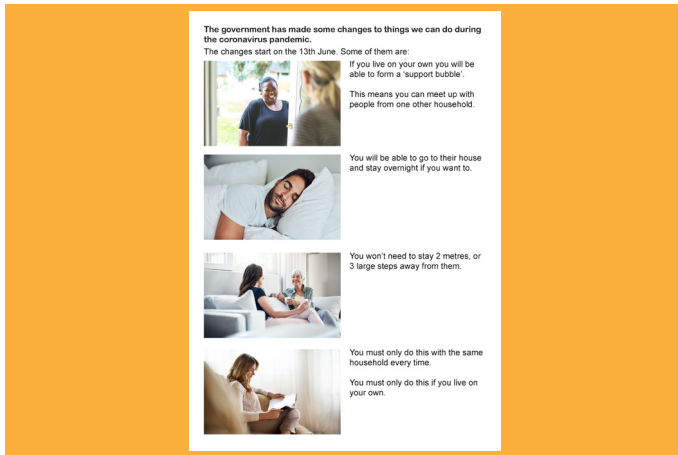
This means that there are some new rules that we have to follow.

If you pay council tax to Bradford Council you must follow these rules.



This is to help control the spread of the virus.

From Friday 31st July you must not:



- Meet people you don't live with inside your house or garden. If you are in a support bubble you can still meet. See our EasyRead guide to support bubbles on our website www.btm.org.uk



- Meet people you don't live with in their house or garden. You must not do this even if they live in an area outside of Bradford



- Meet with people you don't live with in a pub, café, restaurant, community centre or any other public indoor place



The government are going to pass new laws.

This means the police will be able to take action if you break the rules.

You could get a fine of £100.

Other changes



Pubs, shops, cafes and so on will be able to stay open for now.

You can go with people you live with.

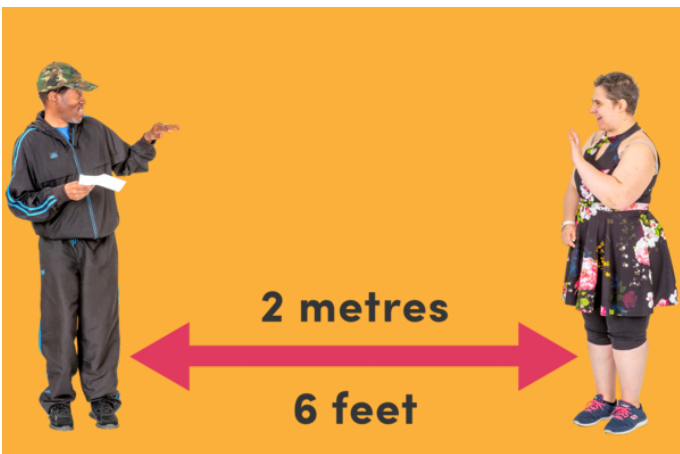
But you must not meet anyone you don't live with.



Gyms, dance studios, swimming pools, and indoor sports courts will have to close again.

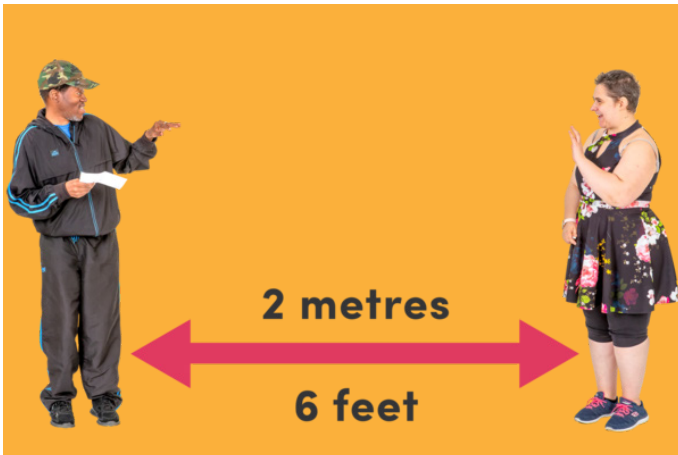


You can still meet up to 6 people outside like in a park.



You must make sure you stay 2 metres or 3 large steps away from them.

Remember



You should stay 2 metres or 3 large steps away from people.

This is called socially distancing.

Wash your hands often for at least 20 seconds. This is as long as singing the happy birthday song twice.



You must wear a face covering in shops, supermarkets and on public transport.



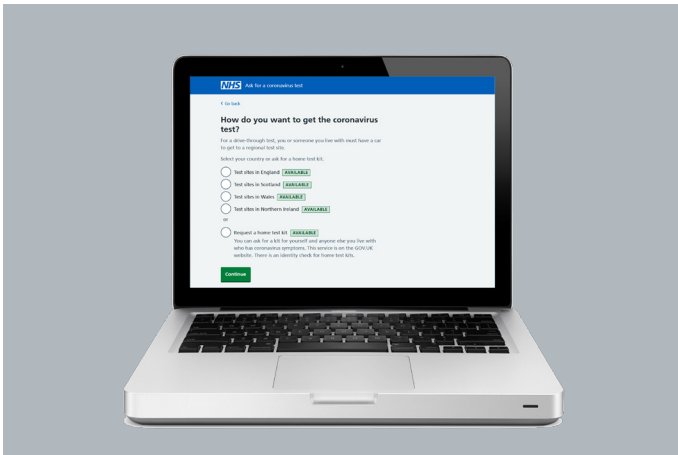
If you have the symptoms of coronavirus you must get a test.

The main symptoms are a new cough, a high temperature and loss of taste or smell.



If you test positive for coronavirus you must self-isolate for **10** days.

This means you must not leave your home. You must not have any contact with anyone who doesn't live in the same house as you. Anyone who lives with you must self-isolate for 14 days.



To get a test go to www.nhs.uk/coronavirus or ring 119.



You should carry on shielding for now if you have a serious health condition.



If you need medication you should ask someone to get this for you, who can leave it outside your house in a safe place.



If you need personal support with your daily needs, like getting out of bed, or getting a shower then this support will carry on.

For more accessible information please contact



the home of accessible information



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