



Changes to Coronavirus Rules

On November 30th 2021 the government's Coronavirus rules are changing for England.

They are calling these rules 'new measures' to keep us safe.



What's changing?

We will need to wear a face covering again, when:

- we go into shops
- we travel by public transport, such as a bus or a train



Does everyone have to wear a face covering?

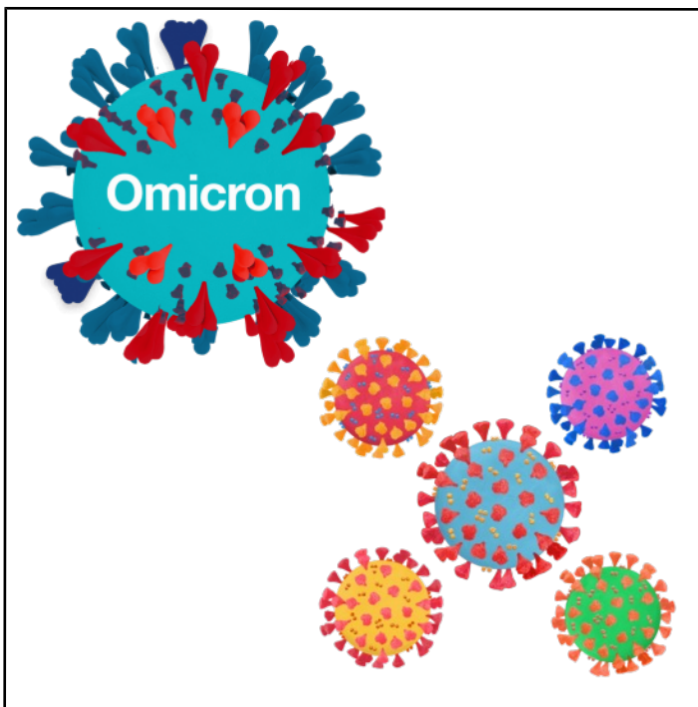
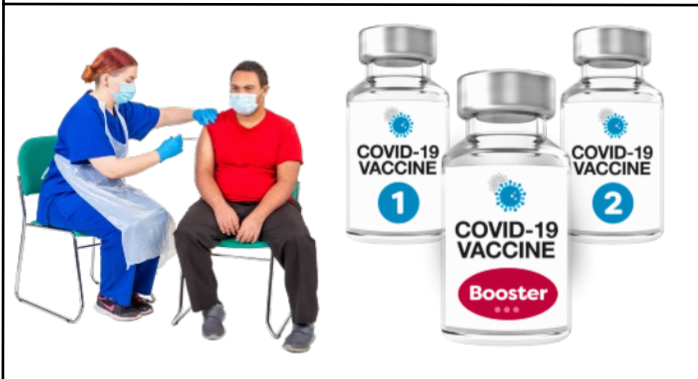
The government have said some people have a '**reasonable excuse**' not to follow the face covering rule.

This is called an **exemption to the rules**.

If you were exempt in the past then you will be again.



You may want to wear an exemption badge to show you don't have to wear a face covering.

	Why have the rules changed now? There is a new Covid-19 variant arriving in the UK called the Omicron variant. A variant is a new version of the same thing. For example, Covid-19 has had a few new variants, such as the Delta variant which arrived a few months ago.
	How long will these new rules last? The government have said these rules are just for a short time while they learn about the new variant.
	What about cafes and restaurants? You still don't need to wear a face covering when you go to a cafe, bar or restaurant.
	What else can I do to stay safe? You can book your Covid-19 vaccine or booster when you're able to. This will help to protect you from the virus.

	You can keep a safe distance from others. You can meet up with people outdoors as much as possible. For example you could go for a walk with a friend.
	You can also wash your hands regularly. Remember to wash your hands: - when you come in from outside - before you touch food - before you eat a meal - after you have been to the toilet - at regular times throughout the day
	I'm feeling confused by these changes... If you need some help to understand these changes then you can talk to someone you trust. You could talk to: - your support worker - a friend or family member - A neighbour Who could you ask?