

CORONAVIRUS AND THE LAW

This table explains what new laws and guidance have been put in place by the Government to help stop Coronavirus spreading. It also explains why it is important to follow the new laws and what the police can do if people do not follow them correctly.

STOPPING THE VIRUS SPREADING



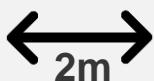
Coronavirus can infect people very easily. Someone who has the virus may pass it on to others through coughs or sneezes.



The virus may also be left on hard surfaces. This is why it is important to wash your hands regularly for at least 20 seconds.



To stop the virus spreading, we need to reduce our contact with other people outside our homes as much as we can.



One way to reduce our contact with others is to stay home as much as we can. Another way is to keep 2 metres apart from them.

THE NEW LAWS



The Government has made new laws to help people reduce their contact with others outside their homes.



The new rules say you must stay at home unless there is an emergency or you need to leave for one of the reasons below.



You can leave to:

- i) buy food or medicine
- ii) exercise
- iii) go to work if you cannot do this work at home



You can also leave if you need to help someone who is ill or disabled. It is also okay if someone goes out with you to provide support.

THE GOVERNMENT GUIDANCE



The Government has also made guidance to help people understand the law and how they can help stop the spread of the infection.



People can read the guidance if they want to by visiting to this website: www.gov.uk/coronavirus



We should try to follow the guidance because it will help stop the spread of the infection as quickly as possible.



You cannot get into trouble if you do not follow the guidance as it is only meant to provide more advice on what else we can do to stay safe.

WHAT THE POLICE CAN DO



You may see more police when you are outside. This is because they have a role in making sure people follow the new laws.



The police have guidance on how to do this. The guidance says police should engage with people and explain the rules to them.



If you go outside, the police may talk to you and ask you why you are out. They will do this with lots of people.



If you do not have a good reason to go outside, the police may ask you to go home. If you do not go back, they may decide to fine you.

WHEN CAN I GO OUTSIDE?

The law says we should all stay inside our houses unless we need to leave for an emergency or for one of the reasons outlined below. This is to help keep everyone safe and healthy. This chart explains what might happen when you go out.

WORK



You are allowed to leave your home to go to work if you have a job which you cannot do at home.



If you need to use public transport to get to work, it is okay to do this but there may be different timetables in place.



You may be stopped by police on the way to work and asked where you are going. You should tell them you are going to work and what your job is.

BUYING FOOD OR MEDICINE



You are allowed to leave your home if you need to buy food and medicine for yourself, people you live with or you are helping, or your pets.



You should try to make as few trips as you can. It is also okay if you need someone to go with you to support you while you are out.



Shops have new rules to help keep people safe. You may need to queue before going inside and stay 2 meters away from others.

EXERCISE



You are allowed to leave your home if you want to exercise. You can do this by yourself or with other people you live with.



The law in England does not say how often you can go out to do this. In Wales the law says you can only go out for one hour.



The law does not say what exercise is. You may want to go for a walk, run or bike ride. You should try and exercise near to your home if you can.

OTHER REASONS



You are also allowed to leave your home if you need to go to the doctor or social services, attend a funeral or help look after someone else.



Every time you leave your home it is important to wash your hands before you leave. You should also do this when you get back.



If you are worried about leaving your home, you can ask someone for help such as a family member, friend or local support group.

If you would like to read some more information about Coronavirus or the new rules and guidance, you can go to the NAS website where free information is available: <https://www.autism.org.uk/services/helplines/coronavirus/resources.aspx>

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