

# Coronavirus Restrictions - Changes from 13<sup>th</sup> May 2020

You are **allowed** to leave your home to:

- Shop for food



- Shop for medicine



- Care for someone who is old or needs help



- Do as much exercise as you like



- Play sport, such as golf or tennis, or go fishing with someone you live with



- Drive to somewhere to do exercise or enjoy fresh air



- Sunbathe in a park or have a family picnic



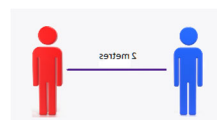
- Meet one friend in a public place such as a park



- Visit a garden centre



- When you are out you must use 'social distancing'. This means you must leave 2 metres between you and other people. If you could reach out and touch someone you are too close.



You are **not allowed** to:

- Visit other people in their homes
- Go out and meet more than one other person who is not someone you live with



### Other Changes

Childminders and nurseries can now care for children from one household



### Please note

These recent changes to the lockdown rules do not apply in Wales, where the earlier restrictions still apply.

### **FINES**

The fines for breaking the rules about what you are allowed to do and where you are allowed to go have now increased to £100 and will double for a second offence, that is if you are caught breaking the rules again. The fine could be as much as £3200. If a child or young person is caught breaking the rules then their parents can be made to pay the fines.