

National Lockdown January 2021



Easy read version



On Monday 4th of January Boris Johnson, our Prime Minister, made an announcement.



He said lots more people are getting coronavirus all over the country.

There is a new strain of the virus which is spreading a lot quicker. We must now all stay at home to protect the NHS and save lives.



There are some new rules which we must follow straightaway.

These new rules will be the law.

Leaving home



You must only leave your home to:

- Go shopping for things you really need like food or medicine



- Go to work if you cannot work from home. This could be because you are a nurse, police officer, care worker and others

- To exercise outside once a day. You must only do this with people you live with or one other person that you don't live with



- To meet your support bubble

- To get medical help like going to a doctor or hospital appointment that you really need to



- To stay safe from harm like domestic abuse

- To go to school or childcare if you are allowed to

Meeting others



You must not leave your home to meet with people you do not live with.

You must not go to anyone's house or have anyone in your house who does not live with you.



You can still have your support bubble if you are allowed to.

You can find out about support bubbles by looking on our website: www.btm.org.uk



If you have a health condition that could make you very ill if you catch coronavirus you should stay at home as much as possible.

This is called being extremely clinically vulnerable.



You should not go to the shops or any other public places where there might be lots of other people.



If you need help or support with things like food shopping or picking up medicines please go to:

www.nhsvolunteersresponders.org.uk



If you need support a bit quicker and you live in the Bradford district please call 01274 431000

Our team can take your call Monday to Friday between 9am and 6pm.



We can help with things like:

- Helping if you feel lonely
- Getting you a supermarket delivery slot
- Putting you in touch with a food bank
- Referring you for help with any benefits you might be able to get or for advice about money
- Dog walking if you can't leave your home





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

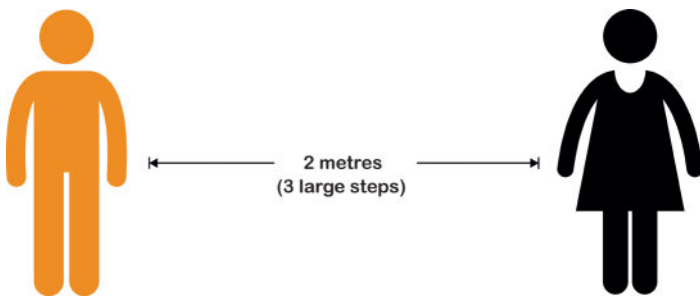
If you get these symptoms you should stay at home and get a test as soon as possible. You can get a test at:

www.gov.uk/get-coronavirus-test



Remember you must still wash your hands often for at least 20 seconds.

This is as long as singing the happy birthday song twice.



Stay 2 metres or 3 large steps away from people.



Wear a face covering in shops, supermarkets, on public transport and any other indoor spaces.

For more accessible information please contact

btm

the home of accessible information



11-12 Eldon Place
Bradford BD1 3AZ
Telephone: 01274 848150
SMS / Text: 07535 120222
E-mail: enquiries@btm.org.uk

BTM produces accessible information in a range of formats such as British Sign Language, easy read, audio, video, illustration and animation to help people understand the world around them.

Please visit www.btm.org.uk for all our easy read booklets and other accessible media productions.

Or visit www.btmprojects.com to access the work made by our workgroups.

©btm 2020 and images under licence from
www.gettyimages.co.uk & www.photosymbols.com Version050121