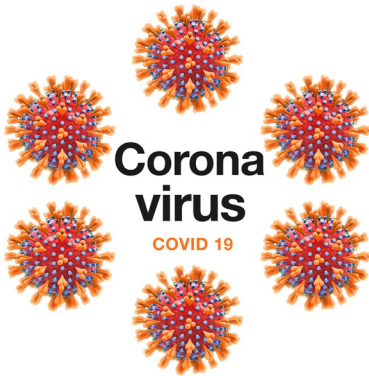




A letter from the Prime Minister to the Nation

Easy Read Version



Things have changed a lot because of the **coronavirus**.

Life is much harder for everyone - for us, our friends and our families.



But the new rules about **staying home** and **keeping safe** are very important. They are helping the NHS do its work.



If the NHS gets too busy it cannot help everybody, and some people will die.

We have to **slow down the spread** of coronavirus so less people need hospital.



The best way to slow the spread is for everybody to **stay at home**.



It is **not ok** to meet any friends and family **you don't live with** until we have stopped the coronavirus spreading.

The only times it is OK to go out are



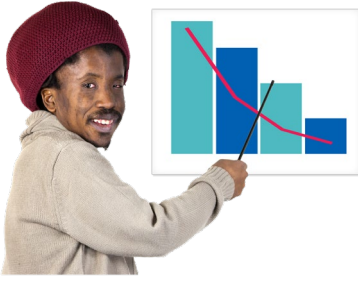
- to get **food** or **medicine**
- to **exercise** once a day
- to get **medical help**
- to work if you are a **keyworker**



You can go out alone or with people you live with but you must **keep 2 metres away** from everyone else at all times.



If you break these rules the police can make you move on or **pay a fine**.



I want you to understand how important this is. Things will get worse before they get better again.



But if you **follow all the rules** it will help things get back to normal quicker.

We may also need **extra rules** in the future to stop people moving around and spreading coronavirus.



I want to thank all the **NHS** and **care workers**. It is amazing to see the work they do. So many people are coming together and helping.



This is a **national emergency**. But we can beat the coronavirus together.



Stay at home , Protect the NHS, Save Lives.

Boris Johnson
The Prime Minister