Guidance

Staying alert and safe – social distancing guidance for young people

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This guidance applies in England – young people in Scotland, Wales and Northern Ireland should follow the specific rules in those parts of the UK.

COVID-19 is a new type of coronavirus that causes illness in people by affecting their lungs and therefore their breathing. The virus can be spread from person to person by coughing or touching your eyes, nose or mouth with hands that have been contaminated by the virus. It is very important that we all do everything we can to COVID-19 to save lives in the future. This guidance will refer to this as coronavirus or COVID-19.

All of us, including young people, have helped to reduce the spread of coronavirus. We have saved thousands of lives and protected our loved ones and our NHS. As we move to the next stage of controlling coronavirus, it is important that we stay alert and follow the rules to keep ourselves and others safe. This guidance explains how to behave safely and staying up to date with the latest government guidance.

The government has developed a plan to allow people to gradually go back to the way they were living before coronavirus. This will be happening immediately, and may happen in different stages for different people. Our goal is to "stay alert, control the virus".

To stay coronavirus (COVID-19) spreading, everyone should be staying at home as much as possible. Some young people, who are clinically extremely vulnerable, should be shielding from COVID-19 (coronavirus) and should follow the guidance for clinically extremely vulnerable people (people in shielding) instead.

This guidance is about social distancing and what you can do to stay alert and safe during this time. Everyone has reasons that will help you to stay safe to take on being outside, or at school or work, changes.

1. Protecting different groups of people

We will refer to three groups of people:

- most people, or "the general public"
- people who are clinically vulnerable
- people who are clinically extremely vulnerable

The majority of this guidance is aimed at most people, who are not clinically vulnerable.

Clinically vulnerable people are those who have health conditions that mean they may be more likely to get very unwell if they catch coronavirus.

People who are clinically extremely vulnerable if they are:

- aged 70 or older
- have a serious underlying health condition (listed below) that is, anyone instructed to get a flu jab as an adult each year on medical grounds
- chronic (long-term) kidney disease, chronic liver disease, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
- chronic heart disease, such as heart failure
- chronic asthma
- chronic lung disease, such as hepatitis
- chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS) or epilepsy
- diabetes
- a weakened immune system due to conditions such as HIV and AIDS, or medicines such as steroid tablets
- seriously overweight (a body mass index (BMI) of 40 or above)
- pregnant women

If you are clinically vulnerable, you can return to school (where it is open for you) if your parent or carer is not clinically extremely vulnerable. You should follow the guidance for clinically extremely vulnerable people (people in shielding) instead.

If you are clinically extremely vulnerable you are strongly advised to be "shielding". This means staying at home at all times and not going out except for medical appointments. You should follow the guidance for clinically extremely vulnerable people (people in shielding).

If you are clinically extremely vulnerable, you may be able to go to school or college, and there is specific support available for you. If you think you are extremely clinically vulnerable but have not received a letter, you should contact your GP or hospital doctor.

If you are not vulnerable, but live with someone who is clinically extremely vulnerable, you should follow the guidance for most people. You may want to think about staying safe and safe using the advice in this section for young people or the full version.

2. Staying at home

2.1 When you can go outside

There are only certain reasons why you should be leaving your house. If you have your parents' permission to go out, you should be staying at home for most of your time (or safe). It makes it three steps, or three big steps if you are a smaller person.

Reasons why you can leave your home include:

- Shopping for food and medicine. You should try to limit the number of times you go shopping for food.
- Exercising. For example, a run, walk or cycle alone or with members of your household or with one other person from another household.
- Going to work, if you can't work from home. For example, if you are expert to clean the with soap or disinfectant when you return home. Playgrounds are still closed but some outdoor sports spaces are open such as tennis and basketball courts. Playgrounds are expected to reopen soon.
- Any medical reasons, including to donate blood.
- To avoid injury or illness, for example (avoiding leaving a wound or dangerous hoard). If you are a young carer, you can leave your home to care for a person who is a member of your household or a danger, or you are helping to care, you can may (MS) or contact Childline.
- If you are a young carer, to help a vulnerable person.
- If you parent or guardian is a critical worker and if you have a social worker or an education health care (EHC) plan, you are allowed to go to school or childcare. If you are a critical worker.
- If you are a vulnerable person (shielding) or live in a household with someone who is shielding, you are allowed to move between both homes as you would normally. Your parents should be following the guidance for clinically extremely vulnerable people (people in shielding) and should be working from home. Visit the website guidance for 18 years.
- Travelling to work and school is expected to be some of home. If you can, you should walk or cycle. If you need to use public transport to travel to school or work, you should have this conversation with your employer.
- You can attend the funeral of a family member or a member of your household. You can also attend a funeral if one of your friends or family and let know. Family bereaves are allowed to meet up with other people from their family, but should be careful and appropriate for your family member.
- If you are receiving support from the government, such as social services, as a victim of domestic abuse, you can leave your home to receive this support.

These reasons are the main exceptions. You can read a full list of the rules and guidance these measures. The law sets out clearly what you and must and not do – and what the consequences are if you do not follow the rules. Since the start of the pandemic, have been given the powers to enforce the rules – including the power to issue dispersing gatherings. When the person breaking the rules is under 18 their parents can be fined if they did not try to stop this happening.

Even when leaving the house for these allowed reasons, you should practice social distancing. Social distancing means keeping a distance of 2 metres (6 feet) from other people (for younger children/people/people and and anyone who is very tall, whatever you feel comfortable with).

Social distancing is important because it helps to slow the spread of coronavirus. It is also an is an extra protection against spread, which is very important. Coronavirus is spread by droplets from people's mouths and noses. Droplets can be spread when people cough or sneeze, and also when they breathe. Droplets can be spread when people talk, sing or shout. Droplets can also be spread when people touch things and then touch their mouth, nose or eyes. Droplets can be left on surfaces for a short time, and can be spread if someone touches a surface and then touches their mouth, nose or eyes. Droplets can be left on surfaces for a short time, and can be spread if someone touches a surface and then touches their mouth, nose or eyes. Droplets can be left on surfaces for a short time, and can be spread if someone touches a surface and then touches their mouth, nose or eyes.

2.2 Symptoms of coronavirus

The most important symptoms of coronavirus (COVID-19) are recent onset of any of the following:

- a new continuous cough, meaning coughing a lot for more than an hour, or experiencing 3 or more episodes of coughing in a day
- a high temperature
- a loss of or change to your normal sense of smell or taste (anosmia)

For most people coronavirus (COVID-19) will be a mild illness. If you have any of the symptoms above you should self-isolate at home. (might take) days.

2.3 Handwashing and personal hygiene

Washing your hands properly is one of the most important ways to protect yourself and others from coronavirus (COVID-19).

- washing your hands regularly with soap and water for at least 20 seconds after you have been out in public places and after you blow your nose, cough or sneeze, or after you return home from being outside
- if soap and water is not available, you should use a hand sanitiser, but this should not be a substitute for washing your hands
- avoiding touching your face, nose and mouth
- avoiding any contact with people who have symptoms of coronavirus. (They should be isolating if they have symptoms)

By following this guidance, you are helping to protect yourself your family. The NHS and your community.

2.4 Looking after your wellbeing and keeping in contact with family and friends when staying at home

There are lots of things you can do to help look after your mental and physical wellbeing. You may find social distancing frustrating or stressful. It can be hard to be away from your friends, change your routine and be bored while at home.

Try to keep in touch with your friends and family. This might be on the phone, text messages, or using social media. Some people may find it helpful to use a video call, like Skype, Facebook, Facebook Messenger, Facebook Messenger Kids, Google Hangouts, Google Duo, whatever you feel comfortable with.

Talk to your friends and family if you would like to write you stay at home. This might include, but is not limited to:

- speaking quality time with people you live with
- watching films and television
- learning a new skill
- reading
- doing all the smaller projects (for example, cleaning, cooking)
- starting a new dance or song
- doing puzzles
- playing games
- keeping or exercising your room
- cooking and baking
- doing any school, college or university work you might have
- spending time doing volunteering and social action activities that you can do from home
- exercising in your home or garden (look for ideas for exercises and lots of ideas on Public Health England or on the NHS website).

If you do not want to be doing this because feeling like, that is okay, too. You are not expected to use this time or any specific way and it is okay to not be as productive as you might have been. It is difficult to be by yourself and you have been set, so you speak to your teacher.

You might find your routine feels unbalanced as your everyday life has changed. This is normal. Try to keep to simple things that you can do to help your physical and mental wellbeing, including:

- trying to eat healthy meals and drink enough water
- spending time with the outdoors (you can do this in your garden, or arranging space to sit and open a nice view if possible) and get some natural sunlight.
- keeping a regular sleep routine. Try to go to bed and wake up at the same time as you would normally do. Try to do this alone, or with people in your household, or with one other person from outside your household. (You should not share a bed with someone who is not in your household, or with one other person from outside your household. Sleeping in the same room is fine, but you should try to avoid sharing a bed or other equipment with someone else, wash your hands before and after bed time.

2.5 If you have divorced or separated parents

If you live across 2 families, because, for example, your parents live in different homes, you can move between both if you are under 18.

You are not allowed to move between houses for any other reason, such as moving between home and your university (unless a student accommodation provider is a student making a permanent move). When moving between households, it is very important that the guidance on handwashing and personal hygiene will not above is this document.

3. Travelling

If you do have to travel, you should walk or cycle as much as you can. This will help reduce the risk of infection, is healthy and is also better for the environment. You can also use your own car or motorbike to travel to school or college. If you do use a car, NHS, take all normal safety precautions during these activities, and avoid any situation which is likely to cause an accident.

If you are travelling longer distances, you should do this by private vehicle if you can.

Consider all other forms of transport before using public transport. Including taxes, private hire vehicles, or hitching a lift in a car. If you do need to use public transport, or other options, you should use a face covering to cover your nose and mouth, as described in the above guidance, and should stay 2 metres away from other people where possible.

4. Visiting public places

You can exercise or play outside or other place you like. You can stick at and rest outside. Exercise is crucial to our aims. Members of your household and with one other person from outside your household. You should keep 2 metres apart from any other person from outside your household at all times.

You can travel in a car to exercise in an open space. You should still avoid places that are very busy or busy, or where you might have to touch surfaces.

This guidance is only applicable in England. Wales, Scotland and Northern Ireland.

Exercise is very important for our mental and physical health. You can be in a public space alone or with members of your household. You should stay 2 metres away from other people at all times while exercising outside.

You can sit and rest outside for other activities such as sitting, sunbathing, or activities like reading.

In Wales, you must exercise locally.

5. Businesses and venues

At the moment, many businesses are required by law to stay closed to the public.

These include most public places like:

- pubs
- community centres
- gyms and leisure centres
- places of worship
- libraries
- museums
- hairdressers
- restaurants (except for takeaway)

Places that may be open include:

- shops and markets that sell food
- hardware and DIY stores
- garden centres

Outdoor sports facilities may also be open. These include tennis and basketball courts, golf courses and bowling greens. You should only use these alone, with members of your household or with one other person from outside your household. Playgrounds are also advised to remain two metres apart at all times. If you are using a hand sanitiser or other equipment with someone else, wash your hands before and after use.

6. Going to other people's houses

You cannot visit another person's house for any reasons other than:

- going to the house of another parent or guardian if you normally travel between separate houses and if you are under 18
- if you are a vulnerable person (shielding) or live in a critical worker
- if you are a carer for a vulnerable person
- if you are a paid nanny or cleaner or providing another treatise service such as urgent care, or if you are a paid or unpaid carer providing a treatise service
- if you are looking for a home.

If you are taking food or other help to another person, you should not generally enter their house, and should keep 2 metres away from the other person at all times.

Though it may be difficult, you should not meet up with a romantic or sexual partner (boyfriend or girlfriend) during this time, unless you do or a public open space and maintain a distance of 2 metres.

7. Meeting in groups

It is against the law to meet with more than one person at a time in a public place if they are not part of your household or one other person from outside your household. However, you can go out with one or more persons who live with you or with one person outside your household for exercise or for open air recreation. You should only and meet with one other person from outside your household.

It is really important that you continue to limit the number of people you see, even though this may be difficult. The more people you see, the greater chances there are of more people catching the disease.

8. Going to work, education or childcare

- If you are you should be working from home, unless you are a critical worker or vulnerable person.
- If you are a critical worker, you can continue to attend but you should keep to social distancing rules.
- If you are a student you should be studying at home. There may be specific arrangements in place for you to attend. If you think this might apply to you, contact your university.
- You are allowed to go to school or to childcare if your parents or guardians are critical workers, or if you are a vulnerable person or an education health care (EHC) plan. Ask your school/college/childcare provider.
- Whatever your family circumstances, you are allowed to go to school if the government has called that your school can open.

Some workplaces have now reopened, you can see the list of times they will be open. Some workplaces have reopened, but they will ask you to continue to work from home who have arrange your relationships.

You should not go into work or school under any circumstances if you or someone living in your household has coronavirus symptoms (a new continuous cough or a high temperature). You should stay at home for 14 days and follow the full guidance.

There are some situations in which someone may enter into your house to work, such as to clean, provide childcare, or to repair or maintain the house. Where possible, you should stick big 2m apart from people coming into your house.

9. Advice for young carers

If you are caring for someone who is vulnerable, there are some simple steps that you can take to protect yourself and your family from risk. Including and the guidance for hairdressing and personal hygiene.

You can find out about different sources of support that could be used and access further advice at Young Carer.

Being a young carer can be hard work and it can make it more difficult to look after yourself, you may want to think about what activities may help you to look after yourself. Young carers may want to think about how you can do to stay safe in "Looking after your wellbeing" part of the guidance.

You may also want to get some advice from:

- Young People
- The NHS

10. Getting the care that you need

Despite coronavirus, changing the way the health and care system, it is still very important that you get the care that you need.

The normal ways you can get help from your doctor, dentist, optician, or local pharmacist. Where possible, your health care service should be able to carry on over the phone or online. If you need to go in in person, coronavirus clinics are in place to keep you safe and warm. contact your GP.

If you or someone in your household begins to feel unwell for any reason or hurts themself you should:

- use telephone or online services to contact your GP. Do not go in person unless they ask you to do so.
- call advice from 111 if it is clear for issues that aren't an emergency
- phone 999 in an emergency.

If you do not have coronavirus symptoms, you may also want to contact a pharmacist at your local pharmacy.

If you need mental care (such as a broken bone) but your life is not in danger, you should head to A&E. If you are in A&E, you will be checked to see if you have coronavirus symptoms. If you do, you will be sent home and asked to self-isolate. If you need to go public transport and visit the hospital as soon as you get the symptoms, should go home.

Think about what you will need to keep you healthy, including any regular medication you may be taking. If you are taking any medication, you or your parent or carer can ask your pharmacist for advice on how to take your medicine during the coronavirus outbreak.

Any mental health crisis services are available. Mental health crisis services are available. Mental health crisis services, you should contact your GP or call Childline. Visit and Samaritans UK for more information.

Sexual health services are operating online, over the phone, or through the post. Young people of ages can access sexual health support. If you need to access tests or contraception, you can contact your local sexual health clinic. If you need to access an emergency contraception (the morning after pill) and condoms, you can visit your local pharmacy. If you are using an implant or coil for contraception and you were meant to have it removed or replaced, you should contact your local sexual health clinic. If you are pregnant and are using the contraceptive pill, you should contact your GP or sexual health clinic for advice. If you are pregnant and are using the contraceptive pill, you should contact your GP or sexual health clinic for advice.

For a clear explanation on what services to access, refer to the "What NHS Services to use" page.

11. Enforcing the law

The law sets out clearly what you must and must not do – every person in the country must follow the law. Authorities, including the police, have been given the powers to enforce the rules. Police can issue fines of £100 (£50 if paid within 14 days) to those who do not follow the rules.

However, if people do not follow the guidelines, the disease may spread again. If this happens, we may have to go back to stricter restrictions.

Transparency and freedom of information releases

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