



The New Six Month Rules

On the 22nd September the Government announced some new rules for us to follow.



Why have the rules changed again?

The rules have changed because the number of people catching Coronavirus is going up.

The Government want us to be more careful because it is easier to catch Coronavirus in the winter than it is in the summer.



Why is it easier to catch it in the winter?



We spend more time inside in the winter, and it is easier for the virus to spread from person to person when we are inside.



How long will the new rules last? All through the winter?

Yes. The new rules will last for six months.

But if the number of people catching the virus still keeps going up, we might be asked to follow other rules as well.

	<p>You may have heard of 'local lockdowns' or 'local restrictions' on the news.</p>
	<p>What are Local Restrictions?</p> <p>We all need to follow the rules for England, but if the number of people catching the virus is really high in some places, there could be extra rules in those places.</p>
	<p>Could that happen in Cornwall?</p> <p>Yes, it could happen in Cornwall, but it hasn't happened yet.</p> <p>The Government will tell us if we need to have 'Local Restriction' rules in Cornwall</p>
	<p>What are the new Six Month Rules?</p>
	<p>Face Coverings:</p> <ul style="list-style-type: none"> - this includes face masks, scarves etc. <p>Unless you are exempt you must wear a face covering:</p> <ul style="list-style-type: none"> - If you are using a taxi or volunteer transport. - If you go to a café, pub, or restaurant. <i>But</i> you can take your face covering off when you are sitting at your table so that you can have your food or drink.



What about if my support worker takes me out in the car?

If you go out in the car with your support worker you will probably have to wear a face covering.

If you are not sure, check with your support worker before your journey.



Are there any other new rules?

Yes.

- Pubs, clubs, and restaurants will close at 10pm.



- You can only play sports in teams of up to six people, indoors or outdoors.



- If you go to work you might be able to do your work from your home.

Check with your employer who will be able to tell you.



- The number of people who can go to a wedding has gone down to 15.

- The government will still let 30 people go to a funeral.



I am confused about the difference between the Six Month Rules and the Rule of Six.

Can you explain it again?

Yes. The Rule of Six means you can only meet up as a group of 6 people at a time, whether you are inside or outside. We still have to follow this rule.

The Six Month Rules are the extra new rules we must follow through the winter.



So, does that mean we have to follow the Rule of Six *and* The Six Month Rules?

Yes.



What happens if we don't stick to the rules?

If you break the rules about wearing a face covering or you break The Rule of Six you could be fined £200.



Still a bit confused?

Ask someone you trust to go through the rules with you again. You could ask:

- A family member
- A support worker
- A friend or neighbour

Who would *you* ask?



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If you live in Cornwall and are finding things a bit difficult, contact us at CPF to find out more about our Back on Track project.

You can email us:

backontrack@cornwallpeoplefirst.com

Or message us on our facebook page!



Take care and stay safe,
From all of us at CPF



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