



Spreading the News

11th May 2020



Lockdown is not over yet



- This week Boris Johnson is giving us some new rules about Lockdown



- These rules are part of the Boris "**road map**"
- The idea is that the road map will tell us **how** we are going to get out of the Lockdown



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- Starting on Wednesday you can go out for as much **exercise** as you want



- But, if you meet someone else you must stay at least **2 metres** “social distancing”
- If you can touch fingertips with outstretched arms you are too close



- Carry on working from home if you can



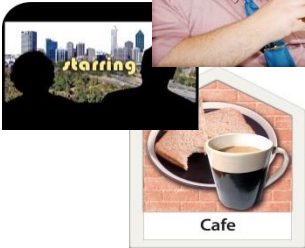
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Open



- Some places, such as Garden Centres, will be opening

Closed



- Other places, such as Pubs, Cafes, Cinemas and Theatres, will stay closed



- If you have to go out to the shops, or on public transport, it is advised that you cover your nose and mouth if you are able to (go to page 5)



- And try not to touch your face when you are out



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- Stop Coronavirus follow the rules



- Stay at home, stay safe



- **Stay Alert, Control The Virus, Save Lives**



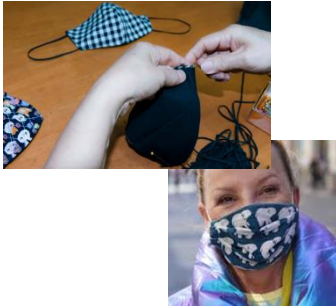
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Making Your Own Face Mask



- You do not need to spend lots of money buying a face mask



- This YouTube video shows you how to make your own face mask



- Click on the link below

<https://www.youtube.com/watch?v=btqSc7zaNX8&feature=youtu.be>