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