



Cabinet Office

Living with COVID-19

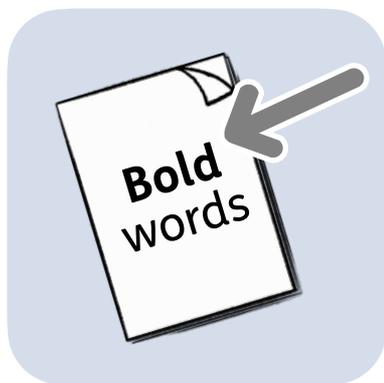
Easy Read version of
Government guidance



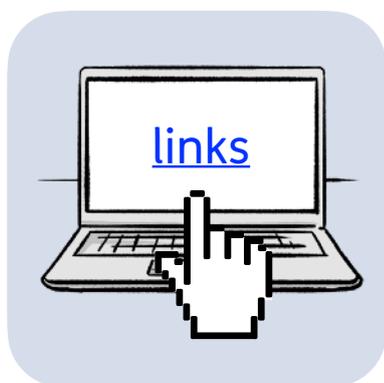
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In this easy read document, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.



Some words are [blue and underlined](#). These are links which will go to another website which has more information.

Introduction



The Government has now ended all the rules that were in place to stop the spread of COVID-19.



This information explains how we will carry on working to keep people safe by:



- Giving people **vaccines**.

Vaccines are injections or jabs that help to stop you being ill with a certain illness.



- Supporting the NHS and **social care** services.

Social care is the extra support some people need to look after themselves.

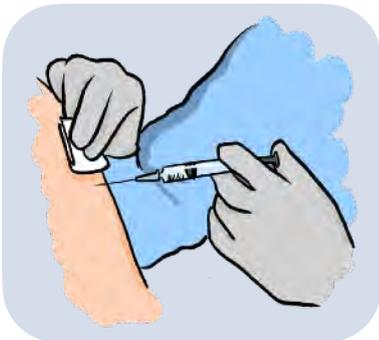


How we dealt with COVID-19

When COVID-19 arrived we had no way to keep people safe. Many people were very ill. Many people died.

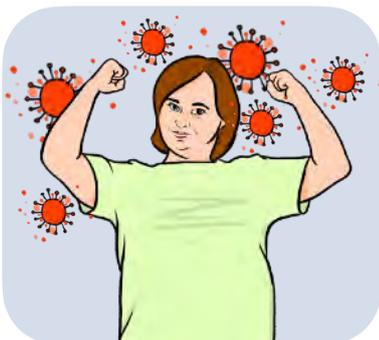


We made rules to keep people safe from the illness. Many people had to stay indoors.



The UK was the first country to give people a vaccine against COVID-19.

The NHS found ways to treat people who were ill with COVID-19.



The vaccine and treatments mean that people are not so ill if they catch COVID-19.



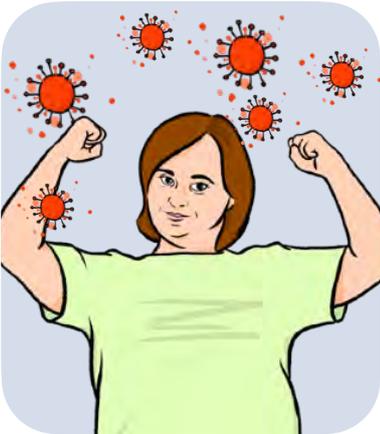
Over time we have changed the rules so that people could get back to normal life.



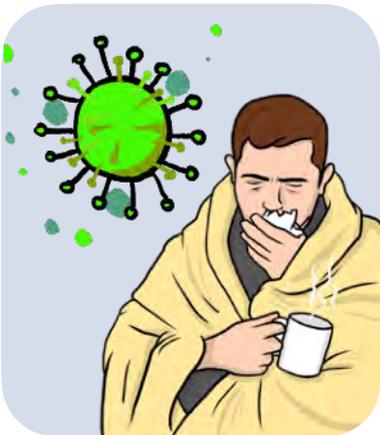
The future

Many people will be better at fighting COVID-19 in the future because:

- They have had the vaccine.
- They have already had COVID-19.



If you have had COVID-19 once, your body will be better at fighting the illness if you catch it again.



But a new type of COVID-19 may arrive which will make people ill.



If this happens, we may have to quickly find new vaccines and treatments.



Plans for the future

The Government plans to keep fighting COVID-19 in the future by:

- Helping people to carry on with their normal life while keeping safe.



- Helping people who are most likely to be seriously ill from COVID-19 to have a vaccine.

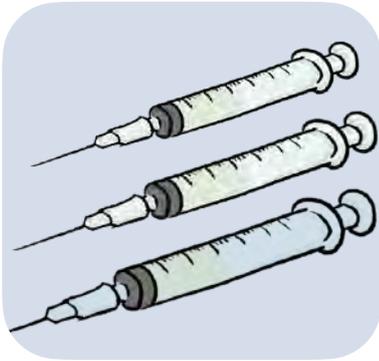


- Watching to see how many people are catching COVID-19 and how ill they are getting.



- Learning more about illnesses and looking for new vaccines and treatments.

Information about COVID-19



Vaccination

So far, we have offered people 3 doses of the vaccine.



Most people have had all 3 doses.
Some people have only had 2 doses.
A few people have only had 1 dose.



About 1 in every 10 people have not had any doses of the vaccine.



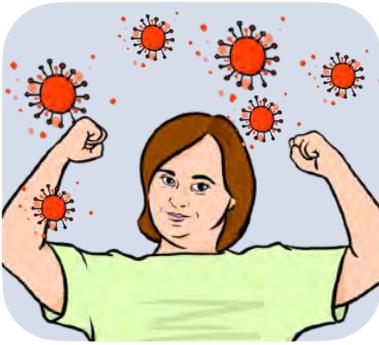
Fewer people have had doses of the vaccine from:

- Black and Pakistani backgrounds.
- Poorer areas.

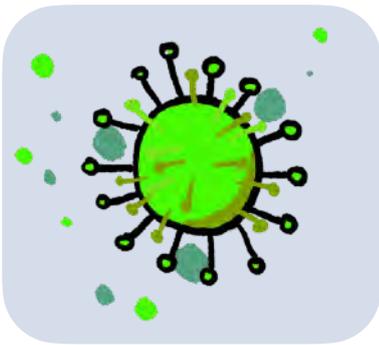


Going into hospital

Fewer people are getting seriously ill and going into hospital when they catch COVID-19.



This is because of the vaccine and because people's bodies can fight COVID-19 better.



It is also because the recent type of COVID-19 called 'Omicron', has not been as serious as the earlier types of COVID-19.



Testing

We will stop giving people free tests for COVID-19.



But we will keep checking how many people have COVID-19.

We will carry on watching for new types of COVID-19.

How COVID-19 has affected health and other services



NHS

The NHS has had to work hard because so many people have been ill with COVID-19.



Patients with other less serious illnesses have had to wait.

People are now having to wait a long time for certain treatments.



Schools

Many children have missed school because of COVID-19.



Children from poorer families have missed more school than others.



This could affect them getting a good job in the future.



Mental health

There has been a large increase in the number of people who have been suffering from mental health problems because of COVID-19.



Businesses

Companies and businesses have been affected by COVID-19.

Many companies and businesses could not work so much because of COVID-19.



The Government has helped many companies and businesses to keep going during COVID-19.



Companies and businesses have been starting to work normally again. For many companies, business is as good as it was before COVID-19.



More people now have a job than before COVID-19.

Living with COVID-19



From 24 February 2022:

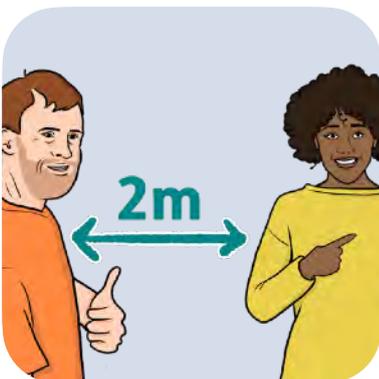
- You don't have to stay indoors away from other people if a test shows you have COVID-19.



- You don't have to take a test if you have been close to someone who has COVID-19.



- There will be no more payments to people who are off work because they have COVID-19.



The Government recommends that you keep away from other people if you have COVID-19. But you don't have to do this.



Test and Trace

The Government has spent a lot of money to pay for free tests for people.



But now people are not likely to be seriously ill with COVID-19, we don't have to test people so much.



From 21 February 2022, schools and colleges don't have to test people 2 times a week.



From 1 April 2022, the Government will stop providing free tests.



You will be able to buy a test if you need one.



There will still be free tests for:

- A small number of people who would be seriously ill with COVID-19.



- Social Care workers.



Tracing

The Government's Test and Trace service has been contacting you if you have been close to someone with COVID-19.



They told you to stay indoors away from other people. This was to stop you spreading the illness.



The Test and Trace service will stop from 24 February 2022.



The NHS COVID Pass

The NHS COVID Pass is a certificate that shows you have had the COVID-19 vaccination.



Most people had the certificate on their phones on the NHS **App**.

An **app** is a computer programme for your phone, tablet or computer.



From 1 April 2022, venues will no longer need to see your NHS COVID Pass to let you enter.



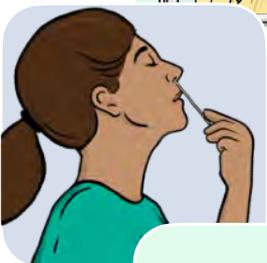
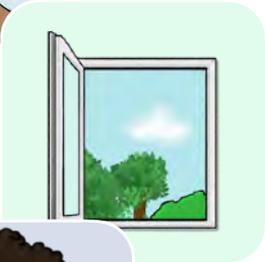
You will still be able to have an NHS COVID Pass on your phone. You may still need this if you travel to another country.

Safer behaviour

The Government will carry on giving advice about keeping safe.

The Government recommends that you:

- Get vaccinated.
- Let fresh air in if you are meeting indoors.
- Wear a face covering in crowded places or indoors where there are lots of people you don't usually mix with.
- Stay at home if you are not well.
- Take a test if you think you might have COVID-19.
- Wash your hands regularly.
- Put used tissues in a bin.





At work

From 24 February 2022, you don't have to tell your boss if you have COVID-19.



From 1 April 2022, the Government will give new advice to workers about keeping themselves safe.



Fresh air

The Government recommends that there should be more fresh air indoors.



Fresh air can help stop other diseases from spreading as well as COVID-19.



The Government will look into new ways to get more fresh air into places.

Protecting the most vulnerable people



Vulnerable means that you are more likely to be seriously ill with COVID-19.



When COVID-19 first arrived we said that people who were vulnerable should stay indoors away from other people. This was to keep them safe from COVID-19.

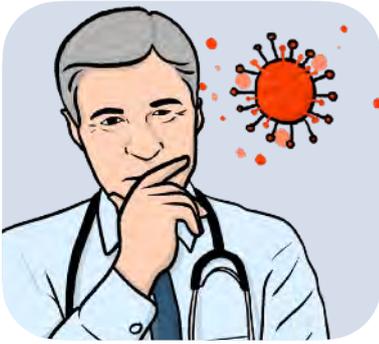


Vaccines

We may recommend that vulnerable people have more doses of the vaccine as time goes on.



This will help to keep them safe from COVID-19.



Treatments

When COVID-19 arrived we had no way of treating the illness.



The Government worked with the NHS, health and drug companies to find new treatments that would help people who had COVID-19.



There are now several treatments that can help people.



Supporting the NHS and social care

The Government has been helping the NHS to provide safe treatment to people through COVID-19.



Now the NHS will be:

- Helping people to stay safe from COVID-19.



- Helping people who have been ill for a long time with COVID-19.



- Looking into how COVID-19 affects the future health of people.



- Helping the people who have been waiting a long time for their treatment.



- Providing free **PPE** until the end of March 2023.

PPE stands for Personal Protective Equipment. It is the special clothing and masks that are worn to keep you safe from catching an illness.



Adult social care

The Government will carry on:

- Helping vulnerable people who need support to get the vaccine.



- Giving advice about how visitors and workers should stay safe in care homes.



- Providing free PPE until the end of March 2023.

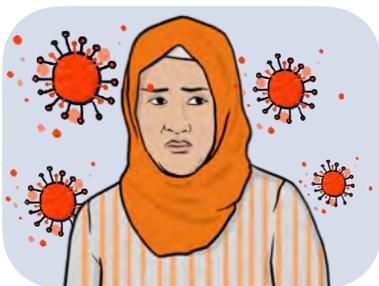


The Government will be providing new advice for care homes.



Fair health for everyone

Some groups of people don't have the same chance to be healthy as others.



Certain groups of people have suffered more from COVID-19 than others.



We want to make sure that everyone has the same fair chance to have good health and good health care.

Checking in the future



The Government will:

- Keep a check on the numbers of people who have COVID-19 and if they become seriously ill.



- Be ready if there are new types of COVID-19 in the future.



- Keep learning more about COVID-19 so we understand more about how it affects people.



Being ready

The NHS has plans to deal with any new types of COVID-19 that may arrive.



This includes:

- Making space in hospitals, if there are a lot of people who are suddenly very ill.



- Ways to treat people who are at home so they don't have to go into hospital.



Local councils are making plans to make sure they can cope if there are new types of COVID-19.



The Government will be ready to start testing people again if a new type of COVID-19 arrives.



Travel from other countries

The Government will be ready with plans so that they can deal with people who may be bringing a new type of COVID-19 into the UK from another country.

New ways of working



Through COVID-19, the Government, scientists and doctors have found new ways of working.

We want to build on this work.



Vaccines and treatments

The Government, universities and companies have worked together to make new vaccines and treatments.



We want to learn from this way of working to improve other areas of our work in the future.



NHS and social care

The NHS and social care companies worked to keep vulnerable people safe through COVID-19.



There were many new ways of working together.



We want to build on these ways of working so that health and social care services can work more closely together in the future.



Working with other countries

Illnesses like COVID-19 affect people in many different countries.



It is important for countries to work together to stop the spread of illnesses.



This includes helping other countries to vaccinate their people.



We have been working with scientists and health services in other countries to:

- Look at ways to keep safe from any new illnesses that may come along.



- Share information about any new types of illness that arrives.



- Find new ways to deal with illnesses that are affecting the whole world.



- Improve organisations that work for the health of everyone in the world.

The law



The Government introduced some new laws at the start of COVID-19 about things like:

- Sick-pay.



- Running care homes safely.



- Travelling to and from other countries.



We don't need these laws anymore and they will be stopped.