RULES	New Wales rules Update 19th October
	We need to stick to Wales rules.
	Mark Drakeford gave some news today
	Wales is having another lockdown
Closed	It is called a circuit breaker. This means stopping things. To give the NHS a chance to cope. And to stop the virus spreading.
October 23	This will start on Friday 23 rd October in the evening.

November 9	It will last until 9 th November
	You must stay at home
shopping	Most shops will close
Ale Lager Stout	Pubs and gyms will close.
	Restaurants can only do takeaways
	You must not meet anyone outside

	Or in your home
	But if you live on your own, you can link with one other family
	And support can still visit
Baked Beans Baked Beans	Food shops will be open.
Professional Control of the Control	So you can go out to get food and medicine.
Corona virus	This will help stop the virus

	Face coverings must be worn if you go into a shop.
2 metres 6 feet	And always keep a social distance
20 Seconds	Wash your hands.
Radellegg	Tell someone if you feel ill, so you can isolate.
	Please stay safe.
Pembrokeshire Community Cymunedol Sir Benfro	The Pembrokeshire Community Hub is there to help. On 01437 776301
Pembrokeshire People First Centre for Independent Living PPF Annihymol Pembrokeshire People First	Ask PPF if you have any questions. 01437 769135. Monday – Thursday 10-4