

CORONAVIRUS ADVICE: ISSUED BY GOVERNMENT 23/03/2020

STAY AT HOME

You should only leave the house for one of four reasons:

- Shopping for basic necessities, for example food and medicine, which must be as infrequent as possible.
- One form of exercise a day, for example a run, walk, or cycle - alone or with members of your household
- Any medical need, or to provide care or to help a vulnerable person.
- Travelling to and from work, but only where this absolutely cannot be done from home.

**WE'RE
LISTENING**

*Tell us what you think and
help make us even better*