

Coronavirus Update



The government advice is that you must now stay at home.



We need to stop the disease from spreading . You can only leave home for:



- Shopping essentials
- Exercise once a day
- Medical or care needs



You should only be travelling to work if you really have to.

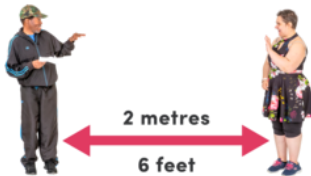


It is very important that you stay at home.



Some things you should not be doing:

- No meeting friends
- No visiting family in other places.
- No groups of more than two people in public.

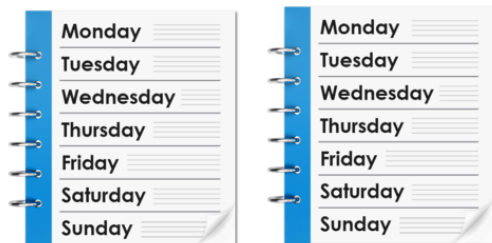


Some things that are cancelled:

- Most shops are closed.
- Events are cancelled.



If you are poorly you need to stay at home for **7 days** if you live on your own. This is the same as **1 week**.



If you are poorly and you live with other people, you need to stay at home for **14 days**. This is the same as **2 weeks**.

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