

Stay Home – Protect Lives

The single most important action we can all take in fighting coronavirus is to stay at home in order to protect the NHS and save lives.

By reducing our day-to-day contact with other people, we'll help reduce the spread of the infection.

You should now 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.*

Please read the full guidance on staying home and away from others

here: <https://bit.ly/COVID19FullGuidanceOnStayingatHome>

These measures will reduce our day to day contact with other people and are a vital part of efforts to reduce the rate of coronavirus transmission.