Coronavirus
Please don’t spread it

Most places have now closed. Everyone must stay at home. Only leave the house for

* Food shopping
* Medicine
* Emergencies

Social distancing

Stay 2 metres apart from other people

Keep away from crowded places

Keep away from anyone sick

Do not use bus, train or taxis

Get home as soon as you can

If you are ill
Stay at home for 7 days
If you feel worse
Phone NHS 111
or visit 111.nhs.uk