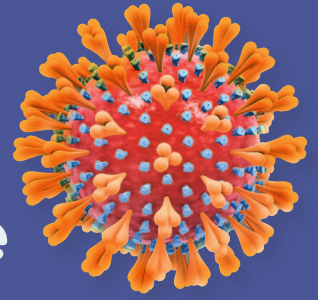


# Coronavirus

## You must stay at home



We must stop the disease spreading.  
Only leave home for :

- \* Shopping essentials
- \* Exercise once a day
- \* Medical or care needs
- \* Travel to work if you have to

### Stay at home



No more meeting friends.



No visiting family in other places.



No groups of more than two people in public.



## Closed

Most shops are closed. Events are cancelled. Funerals are allowed.



If you are ill  
**Stay at home for 7 days**  
If you feel worse  
**Phone NHS 111**  
or visit [111.nhs.uk](https://111.nhs.uk)