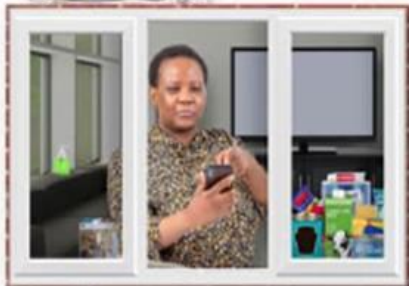
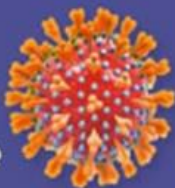




Coronavirus

You must stay at home



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



No more meeting friends.



No visiting family in other places.



No groups of more than two people in public.



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