

To reduce the spread of COVID-19, the UK Government has made some new rules

Everyone should stay in their own home, unless they need to go out to...



See a Doctor or seek other medical help



Get essential shopping, such as food and medicine



Get some outdoor exercise, once a day



help a vulnerable person



go to work, only if your work is essential and cannot be done from home.

If you need to go out, you must stay 2 metres (6 feet) away from anyone you do not live with, and you should wash your hands well when leaving or arriving anywhere.

Stay safe, stay well, stay home.