



## Keeping Everyone Safe

To reduce day-to-day contact with other people to fight coronavirus, the Government have introduced three new measures as of 23<sup>rd</sup> March, 2020.

1. Requiring people to stay at home, except for very limited purposes
2. Closing non-essential shops and community spaces
3. Stopping all gatherings of more than two people in public

### YOU SHOULD NOW STAY AT HOME

Help us to help you and protect the NHS. We need your co-operation to keep everyone safe and save lives.

It is extremely important you follow the Government's instructions.

The reasons below explain situations when you can leave your house:

- **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

These four reasons are exceptions – even when doing these activities, you should be minimising time spent outside of the home and ensuring you are two metres apart from anyone outside your household.

**Please do not telephone the police control room for advice. Our staff are needed to respond to emergencies. If you need further information, go to [www.gov.uk](http://www.gov.uk)**