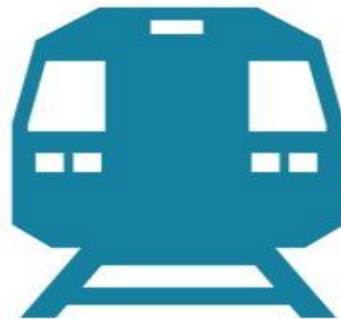


Stay at home – no unnecessary journeys or social contact



Only leave home for essential shopping, medical needs and exercise once a day



You can travel to and from work if absolutely necessary



Public gatherings of more than two people are banned - excluding people you live with



Don't visit other people's houses or socialise outside your home



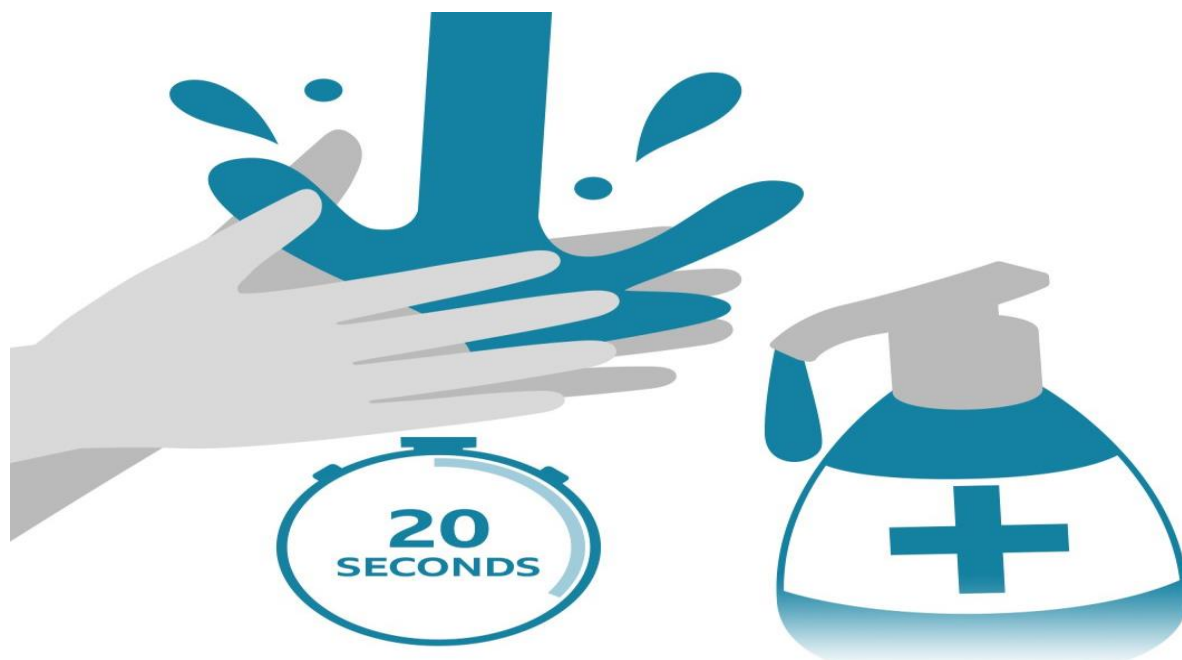
**Police will be able to fine you if
you don't follow the rules**



**If unwell, isolate yourself and
your family**



Keep in touch with one another



**Wash hands for about 20 seconds
with soap and hot water or use a
sanitiser gel**