

Coronavirus (COVID-19)

What you need to do

Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay **2 metres (6ft)** away from other people at all times
- Wash your hands as soon as you get home

Do not meet others, even friends or family

You can spread the virus even if you don't have symptoms