

WHY ARE YOU HERE TODAY?

ASK YOURSELF THAT QUESTION

The Government advice is to stay at home in order to protect the NHS, stop the spread of the virus and save lives.

You should only leave home for;

- Infrequent trips to shop only for basic necessities
- One form of exercise a day, for example a run, walk or cycle - alone or with members of your household
- Any medical need, or provide care to a vulnerable person
- Travelling for work, only where you cannot work from home.

STAY LOCAL

Do your part by staying local. Use open spaces near to your home where possible – **do not travel unnecessarily.**

If you have a garden, make use of this space for exercise and fresh air.

**FAILURE TO ABIDE BY THIS ADVICE COULD
PUT OTHER PEOPLES LIVES AT RISK**