



## Coronavirus Update

The government advice is that you must now stay at home.



We need to stop the disease from spreading. You can only leave home for some things.



Most people should only leave the house to do the things that are listed below:

- Shopping essentials
- Exercise once a day
- Medical or care needs



You should only be travelling to work if you really have to.



If you have a learning disability you can leave your home more than once a day and travel beyond your local area if this is important to your health.



If you need people who support you with you, they do not have to stay the two metres apart from you.



It is still important to be careful and only go out when you really need to, to reduce the chance of getting ill or infecting other people.

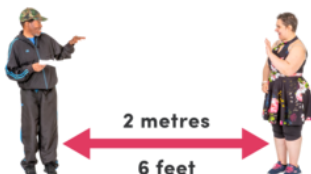


It is very important that you stay at home as much as possible.



### **Some things you should not be doing:**

- No meeting friends
- No visiting family in other places.
- No groups of more than two people in public.



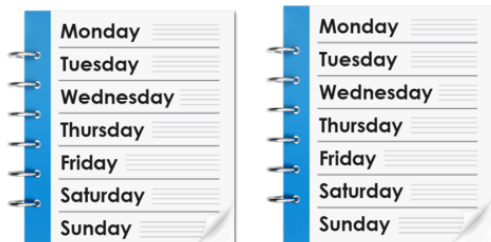


## Some things that are cancelled:

- Most shops are closed.
- Events are cancelled.



If you are poorly you need to stay at home for **7 days** if you live on your own. This is the same as **1 week**.



If you are poorly and you live with other people, you need to stay at home for **14 days**. This is the same as **2 weeks**.