



HM Government

**NHS**

# CORONAVIRUS

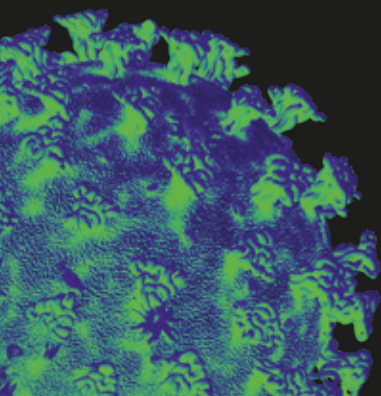
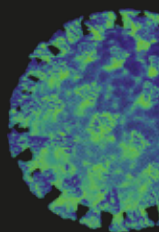
# STAY AT HOME

# SAVE LIVES

**Anyone can spread Coronavirus.**

**The only reasons to leave home are:**

- ✔ To shop for basic necessities or pick up medicine
- ✔ To travel to work when you absolutely cannot work from home
- ✔ To exercise once a day, alone or with members of your household
- ✗ Do not meet others, even friends or family



**CORONAVIRUS**

**STAY HOME  
PROTECT  
THE NHS  
SAVE LIVES**