COVID-19: Stay at Home Guidance

To minimise the risk of spreading the virus, you must stay at home as much as possible.

You should only leave or remain outside your home for essential reasons like:

- ✓ Getting food or medicines
- ✓ Any medical need
- ✓ Exercise
- ✓ To provide support to a vulnerable person

In all settings, please follow relevant public health advice and requirements such as on the use of face coverings.

Please note that this guidance relates to all Level 4 areas. Full Stay at Home Guidance can be found at Coronavirus (COVID-19): stay at home guidance.

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Tradespeople, home repairs, and working in someone else's home	Tradespeople should only go into a house to carry out or deliver essential work or services. Domestic cleaners should only enter the house of a person who is unable to clean for themselves.
Shopping	 ✓ Essential retail only open. X Show rooms closed. ✓ You should only travel to collect essential items. Click and collect closed for some sectors. Use delivery services and shop locally wherever you can.
Close contact retail services	

