

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](#).

Guidance covering (son)1reae can be found at [Coronavirus \(COVID-19\): lo clo protcCvlse](#).


