

Coronavirus (COVID-19): what you need to do

Stay at home

Only go outside for food, health reasons or work (where this absolutely cannot be done from home)

Stay 2 metres (6ft) away from other people

Wash your hands as soon as you get home

Anyone can spread the virus.

[Full guidance on staying at home and away from others](#)

STAY AT HOME 

**PROTECT
THE NHS**



**save
lives**

Announcements

You must stay at home apart from essential travel or you may be fined

If you live in the UK and are currently abroad you are strongly advised to return now

All non-essential shops and community spaces are closed