






# NATIONAL COVID ALERT

# STAY HOME

**5 NOV – 2 DEC**

-  Only leave home for food, medical reasons, exercise, education or work
-  You must work from home if you can
-  Avoid travel unless essential
-  Schools and essential shops will remain open
-  Remember: wash hands, cover face, make space

Find the latest guidance and exemptions at [gov.uk/coronavirus](https://gov.uk/coronavirus)

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**