



COVID-19

What a view...

...and it will still be there in a few weeks.

Stay home to save lives

The single most important action we can all take in fighting coronavirus is to stay at home in order to protect the NHS and save lives. Please follow the government guidelines to:

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home
- Do not meet others, even friends or family. You can spread the virus even if you don't have symptoms.

Please stay close to home to exercise. This helps to avoid unnecessary travel and the risk of people congregating in popular places or blocking narrow lanes and local roads.

Further guidance and advice can be found here:
www.staffordshire.police.uk/advice/advice-and-information/c19/coronavirus-covid-19

#StayHomeSaveLives



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