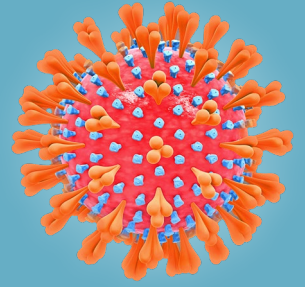


Coronavirus

Back in lockdown



**If you do go out
be careful**

Covid is spreading fast.
We are back in lockdown
and must all stay at home.
Only go out for

- * Food shopping
- * Exercise and wellbeing
- * Health or care needs
- * Work if you need to



**Wear a face
mask to help
stop spreading
coronavirus**



**Keep your
distance from
other people**



**Wash your
hands to kill
Covid germs**



**Get back
home quickly**



**If you feel unwell
Stay at home
Call 111 or your GP
If life is in danger call 999**