



Stay at home

The single most important action you can take is to stay at home in order to protect the NHS and save lives.

You should only leave the house for very limited reasons:

- ✔ **Shopping for basic necessities**, for example food and medicine, as infrequently as possible.
- ✔ **One form of exercise a day**, for example a run, walk, or cycle - alone or with members of your household.
- ✔ **Any medical need**, including to donate blood, avoid risk of harm, provide care or help a vulnerable person.
- ✔ **Travelling for work purposes**, but only where you cannot work from home.

These are exceptions – and when doing these activities, you should minimise time spent outside of the home and ensure you are two metres apart from anyone outside of your household.

Critical workers, and parents of vulnerable children, may leave the house to take their children to and from school or their childcare provider. More detail is available online. Children can be moved between homes if their parents live separately.

Help stop the infection spreading and support each other

- Wash your hands with soap and water often – do this for at least 20 seconds.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- Put used tissues in the bin immediately and wash your hands afterwards.
- Don't touch your eyes, nose or mouth if your hands are not clean.
- Clean and disinfect frequently touched surfaces and objects in your home, such as door handles and taps.
- Shop responsibly, follow advice in stores, and only buy what you need for yourself and your family, and those you're supporting.



1
Palm to palm



2
The backs of hands



3
In between the fingers



4
The back of the fingers



5
The thumbs



6
The tips of the fingers