

## **Public Health Advice**

Everyone should do what they can to stop coronavirus spreading. The best way to do this is to stay at home:

- only go outside for food, health reasons, work (but only if you cannot work from home) or one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household;
- if you go out, stay 2 metres (6ft) away from other people at all times;
- avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible;
- do not meet with friends and family – keep in touch using remote technology such as phone, internet, and social media;
- use telephone or online services to contact your GP or other essential services;
- wash your hands well and often, and avoid touching your face.

You can spread the virus even if you don't have symptoms.

Everyone should be trying to follow these measures as much as possible. This will mean our usual social activities are on hold for the moment. It's very important that we look after our mental and emotional wellbeing. Based on the Take 5 steps to wellbeing, this leaflet offers tips on supporting your mental and emotional wellbeing while staying at home during the current coronavirus outbreak.

We strongly advise you to follow the above measures and to significantly limit your face-to-face interaction with friends and family if possible, particularly if you:

- are over 70;
- have an underlying health condition;
- are pregnant.

This advice is likely to be in place for some weeks.

For more information see COVID-19: guidance on social distancing and for vulnerable people