

STAY AT HOME 



West Mercia
POLICE

**PROTECT
THE NHS**

 **save
lives**

STOP



Stay at home, unless:

- shopping for essential items
- taking exercise once a day **FROM HOME**
- for any medical need, including to provide supplies for vulnerable people
- travelling to and from work where essential

YOU SHOULD NOT DRIVE TO A LOCATION FOR YOUR DAILY EXERCISE

YOU COULD STILL BE SPREADING THE VIRUS WITHOUT KNOWING IT!