



LONGBARN RESIDENTS' ASSOCIATION

"Working together for our Community"

Registered Charity No. 1170309



STAY HOME



PROTECT THE NHS



SAVE LIVES



NHS

Providing NHS services

WHAT YOU MUST DO

- You **MUST** stay at home. Only go outside for essential food shopping, one form of exercise a day (walking, running or cycling), any medical need or essential work. Those are the only reasons why you should not be home.
- Stay 2 metres – or 6 feet away – from other people. This includes delivery drivers. Get them to leave your delivery at your door.
- Wash your hands as soon as you get home.
- Public gatherings of more than 2 people are now forbidden unless they live together.

**IF YOU GO OUT,
YOU CAN SPREAD IT.
PEOPLE WILL DIE.**

STAY HOME > PROTECT THE NHS > SAVE LIVES

HM Government

NHS

CORONAVIRUS
ANYONE CAN GET IT
ANYONE CAN SPREAD IT

STAY HOME > PROTECT THE NHS > SAVE LIVES