



HM Government



NATIONAL RESTRICTIONS

5 NOV - 2 DEC

You must stay at home

Only leave home for food, medical reasons, exercise, education or work

You must work from home if you can

Avoid travel unless essential

Schools and essential shops will remain open

Remember: wash hands, cover face, make space

For the latest guidance, visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)