



Many people around the UK have been panic buying and stock piling. The key to playing your part is to stay calm and shop like you would normally. Think of others as you shop.

**Shop online if possible. Make use of delivery services. Respect the government guidelines.**

Try to plan your meals over the week around the food items you are able to source. Think about re-using leftovers to create another meal. Jamie Oliver has a cooking programme with some great ideas.

Check on the elderly, family and friends regularly to see if they are okay. However do not go and see them contact them through a phone or other device.

## THINGS YOU CAN DO

**KEEP YOUR BODY AND YOUR MIND HEALTHY**

Set a target for yourself daily and make some time for exercise each day.

Your mental health is just as important as your physical health. Keep your spirits high and stay positive.

Perhaps you could learn a new skill, try something you have never had the time to do before.

Spend some time outside each day if you are able to. Make use of your daily exercise hour.

Get those odd jobs completed around the house, but remember to be careful!

Make that call to a relative or friend.

Support each other.

### Stay at home

-only go outside for food, health reasons and work (but only if you cannot work from home )

-If you go out, stay 2 metres (6ft) away from other people at all times

-wash your hands as soon as you get home

Do not meet others, even friends or family.

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