



# Stay at home. Protect the NHS. Save lives.

- Devon & Cornwall Police
- South Western Ambulance Service NHS Foundation Trust
- Devon and Somerset Fire and Rescue Service
- Cornwall Fire and Rescue
- Environment Agency
- Public Health England
- Royal Cornwall Hospital NHS Foundation Trust
- Cornwall Foundation NHS Trust
- Torbay and South Devon NHS Foundation Trust
- University Hospitals Plymouth NHS Trust
- Plymouth City Council
- Torbay Council
- Cornwall Council
- Council of Isles of Scilly
- Devon County Council
- South Hams District Council
- Teignbridge District Council
- Devon County Council
- West Devon District Council
- Torridge District Council
- East Devon District Council
- North Devon District Council
- Mid Devon District Council

## Cornwall and the Isles of Scilly, it's a simple message. Please stay at home, protect the NHS, save lives.

The most important action we can all take in Cornwall and the Isles of Scilly, in fighting coronavirus, is to stay at home so we can protect the NHS and save lives.

We, the agencies in Cornwall and the Isles of Scilly charged with keeping you safe and well, are working together to contain and delay the spread of the virus so we are as prepared as we can be for more cases in the county.

The NHS has made changes to help minimise the spread of coronavirus and deal with the increase in patient numbers caused by the outbreak.

Staff across councils, NHS services, police, fire, utilities and voluntary and community sector organisations are all working extremely hard so we can deliver essential services and support the most vulnerable in our communities.

But we also need your help, today.

Anyone can spread the virus so, please stay at home. If you go out you can spread it and people will die.

This means not meeting up or visiting friends and family members that do not live with you so act like you've got it - anyone can spread it.

You can only go outside for food, health reasons or work (where this absolutely cannot be done from home).

You can also go out for one form of exercise a day, for example a run, walk or cycle - alone or with members of your household but not with others.

If you go out for any of these reasons, remember - anyone can get it, anyone can spread it, so stay 2 metres (6ft) away from other people and wash your hands as soon as you get home.

**Together, with your support, we can save lives.**

**Thank you.**