

During this time, you **HAVE TO STAY INSIDE!**



You can only go outside for...



Food



Medicine



**Work that can not
be done at home**

One form of exercise

Exercising can only be done with people in your household.

You can't meet friends outside to exercise.





If you do not follow these rules...



You could be arrested or brought home by police

You could pass on the virus to friends or family

You could be fined each time you do not follow the rules

YOU have a choice



Follow these rules:

- Keep yourself, your friends and family safe
- Stay out of trouble
- Help reduce the spread of the virus

Don't follow these rules:

- Put your family and friends at risk
- Be shamed on social media
- Be in trouble with the police

You have the chance to do something great and make a big impact on our country by staying at home

