

If you are suffering or have any of the symptoms, please do not attend work. Stay at home and contact the NHS via their web site <https://www.nhs.uk/conditions/coronavirus-covid-19/>

As recommended by the NHS do not visit your GP, pharmacy or hospital

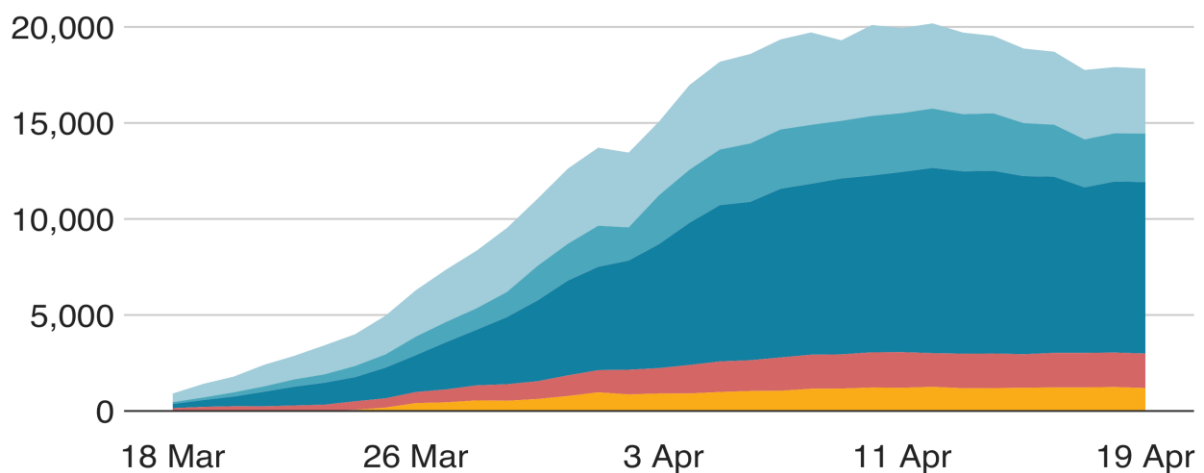
LATEST BULLETIN

Another 586 people have died in UK hospitals after contracting coronavirus – bring the total to 21,678.

The lockdown is expected to last until 7th May, when Mr Johnson and leaders of Scotland, Wales and Northern Ireland will likely meet to review whether to extend or ease the strict social distance measures.

Number of patients in hospital with coronavirus

■ London
 ■ Midlands
 ■ Rest of England
■ Scotland
 ■ Wales



Nine hospitals did not return data for 9 April, resulting in a false drop in hospitalisations. NI figures not available.

Source: Prime Minister's Office, updated: 20 Apr 17:00 BST

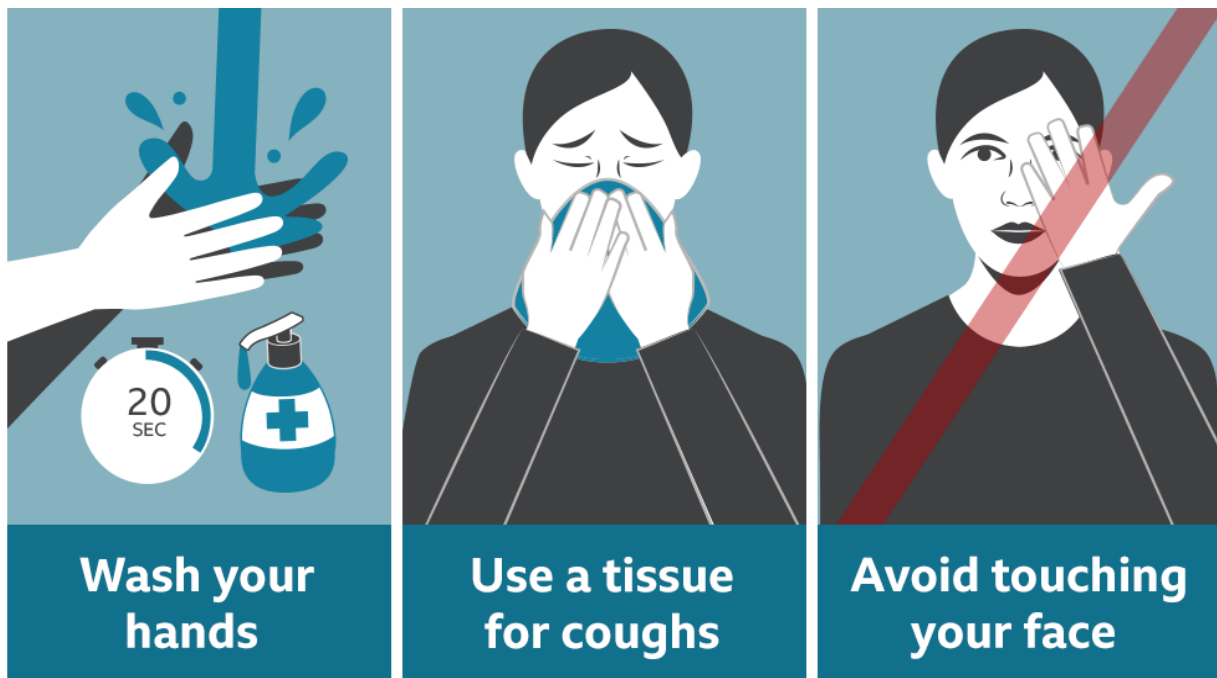
BBC

STAY AT HOME TO STOP CORONAVIRUS SPREADING

- Everyone must stay at home to help stop the spread of coronavirus. You should only leave your home for very limited purposes:
- Shopping for basic necessities, for example food and medicine, which must be as infrequent as possible.
- One form of exercise a day, for example a run, walk, or cycle – alone or with members of your household.
- Any medical need, including to donate blood, avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person.
- Travelling for work purposes, but only where you cannot work from home.

IMPORTANT

These reasons are exceptions – even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.



WHO CAN BE TESTED?

Hospital patients, NHS and care staff, emergency services, care home residents and now all essential workers and their families should be able to get tested.

The list of key workers includes teachers, police officers and transport workers.

Testing is not yet available for the general public.

LOOKING AFTER YOUR WELLBEING

To help yourself stay well while you're at home:

- Stay in touch with family and friends over the phone or on social media.
- Try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films.
- Do light exercise at home, or outside once a day – see NHS fitness studio: exercise you can do at home. <https://www.nhs.uk/conditions/nhs-fitness-studio/>

ADVICE ON MENTAL HEALTH WHILE YOU'RE STAYING AT HOME:

- [Every Mind Matters: 10 tips to help if you are worried about coronavirus](#)
- [Every Mind Matters: how to look after your mental wellbeing while staying at home](#)
- [GOV.UK: guidance on wellbeing and coronavirus with advice on autism, dementia, learning disabilities, older people, and mental health conditions](#)

Please keep your 2 metre social distance.

Please also make sure you wash your hands-on regular occasions.

PLEASE WASH YOUR PPE AS OFTEN AS POSSIBLE.

Check if you need medical help through the NHS online, who will advise you what to do:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Information: Do not go to a GP surgery, pharmacy or hospital.