

Covid spreads easily. Every time someone leaves their home, this creates new opportunities for spread of the virus. We are therefore encouraging people to keep these opportunities to a minimum by:

1. Staying in as a priority
2. Avoiding unnecessary journeys
3. Avoiding mixing with other households
4. Shopping in a way that results in fewer people in the shops and on fewer occasions.
5. Doing more to ventilate and clean homes.
6. Staying local for exercise – this means in your own village, town, or part of the city.

Please visit NCC website for advice materials

<https://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/coronavirus-toolkit-for-professionals>