



# Stay in your Approved Premises

Unless you have to go out for one of these four reasons

1. **Shopping for basics** (food or medicine)
2. **Exercise** (following social distancing guidelines)
3. **A medical need** (to visit a pharmacy or deliver essential supplies to a vulnerable person)
4. **Travel** (to and from work where it is impossible to work from home)

When doing these activities you should minimise time spent outside the Approved Premises and ensure you are two metres apart from anyone else.

Please adhere to any licence conditions you may have, and check this with Approved Premises staff or your Offender Manager.

**Find out more at [www.nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)**

