



HM Government

**NHS**

# CORONAVIRUS TIER 3

# VERY HIGH ALERT

Around 1 in 3 people with Covid-19 have no symptoms, so will be spreading the virus without realising. To protect each other and our hospital capacity, you must:

- ▶ Not mix with other households indoors
- ▶ Only meet people outdoors in open public spaces in groups of up to six
- ▶ Reduce your number of journeys, avoid travel outside the area unless needed
- ▶ Work from home if possible

For local restrictions, go to [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**