

STAY SAFE.

protect the NHS



please can you stay safe and stay home try not to go out that much and if necessary or on your daily walk. If we all do you what was supposed to do then we can see each other faster and quicker. It also means that we can go back to normal as we used to be. Most of the time we encourage people to go out and have fun but now we are encouraging people to stay in and have fun. Sometimes when you're in lockdown you have to make different decisions like should I go out today, or should I stay in is it necessary right now to go out . On some days it might be hard because it is raining or it's too cold to go out on a walk, or you can't play in your back garden and some people don't have a back garden, that must be hard for people because they're stuck in the houses. For now just keep smiling because were all in it together!!