



**WEST YORKSHIRE  
POLICE**

**Wetherby Police Station**  
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*Leeds North East NPT*

**Stay at home to stop the spread of Coronavirus (COVID-19).**

The government has passed new law within England under the Health Protection (Coronavirus, Restrictions) (England) Regulations 2020. The restrictions state **“During the emergency period, no person may leave the place where they are living without reasonable excuse”** this is to combat the spread of this virus and reduce the strain being placed on the National Health Service. These restrictions are for the health, safety and wellbeing of everybody

We understand that there is lots of discussion online and in the media about what is and is not allowed, reasonable excuse includes:

***Shopping for basic necessities, for example food and medical supplies 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 family. You should not be travelling in a vehicle to another location to exercise.***

***Any medical need, or to provide care or help to a vulnerable person.***

***Travelling to and from work, but only where this is absolutely necessary and cannot be done from home.***

Whenever you leave your house that brings with it a risk, a risk that you are spreading the virus and a risk that you will contract the virus. You might think that you will be safe as you will comply with social distancing but what happens if your car breaks down? You are involved in a collision? You require medical assistance? You are then putting other people at risk too, is it worth it?

**Before leaving your house ask yourself the question, in the circumstances as they are now, at this time of emergency, do I need to go out? Do I have a reasonable excuse? Do I need to take the car?**

The legal consequence for leaving your home without a reasonable excuse could include being issued with a fine of £60 (or more) or being prosecuted at court.

***Please stay at home and stop the spread.***

Website: [westyorkshire.police.uk/](http://westyorkshire.police.uk/)

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