

In the next few weeks we must stay as far as possible from other people and like this, avoid falling ill or transmitting the disease.

This is fundamental not only for our own health, but for the smooth operation of hospitals, which are starting to reach full capacity.

For this reason we can exit our house only:

- 1. in order to go to work (we must fill in a self-declaration that is very easy to obtain);**
- 2. in order to do essential shopping (in individuals and when there are few people in the shops);**
- 3. for health reasons (going to the pharmacy or doctor, making sure that they are aware and approve the need for you to come)**
- 4. for helping parents or friends with difficulties (people who are not independent or cannot do their own shopping)**
- 5. in order to go for a walk (we are lucky to have the countryside full of seasonal blossom, so close by and reachable by foot. Let's go, but on our own or with our children) If you go out of your house for reasons which are not considered essential you might be stopped by the police.**

