

NEW RULES ON STAYING AT HOME AND AWAY FROM OTHERS The single most important action we can all take, in fighting coronavirus, is to stay at home in order to protect the NHS and save lives.

Full guidance on staying at home and away from others – updated 15:30 on: 24/3/20

You should only leave the house for one of four reasons:

1. **Shopping for necessities** – for example food and medicine, which must be as infrequent as possible
2. **One form of exercise a day** – for example a run, walk, or cycle – alone or with members of your household
3. **Any medical need** – or to provide care or help to a vulnerable person
4. **Traveling to and from work**, but only where this absolutely cannot be done from home

These 4 reasons are exceptions – even when doing these activities, you should be minimising time spent outside of the home and ensuring you are two metres apart from anyone outside of your household.

Following the best possible practice of: social distancing of two metres apart. Whilst washing/sanitising hands regularly, avoid touching surfaces and most essential, avoid touching your face! Do not collect any cash payments.

View the full document, go to: <https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others>

Whilst Window Cleaning services cannot be undertaken from home, it is important to assess what is essential work before considering this.

The Federation of Window Cleaners is a Government recognised Employers Trade Association and therefore we must encourage our membership to follow Government advice or this virus will continue to get worse and cost further lives. Let's get this under control, which in turn will get businesses back to work much faster. Best possible advice to Stay at Home and Stay safe!

Meantime, take advantage of the Government support offered:

The Chancellor has set out a package of temporary, timely and targeted measures to support public services, people and businesses through this period of disruption caused by COVID-19.

This includes a package of measures to support businesses including:

- a Coronavirus Job Retention Scheme

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<https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-support-for-businesses>