



# COVID-19

## #ShetlandOutdoors **Guidance**

**Take one form of exercise a day:**  
for example a run, walk, or cycle  
- alone or with members of  
your household



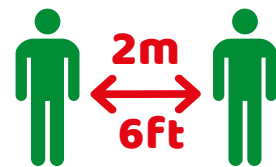
**No day trips to other isles:**  
stay local, and don't take the ferry



**From your home:** do not drive to  
the countryside for your exercise



**Avoid contact:** keep your 2m distance  
and don't mingle with others



## AS ALWAYS



**Avoid disturbing bird colonies:**  
retrace your steps if you  
accidentally wander into one



**Avoid disturbing sheep:**  
please keep dogs on a lead  
and avoid enclosed areas  
where there's livestock