

## CAN I GO OUT INTO THE STREET ?

As a general rule, we must stay at home.

However it is permitted to journey to:

- Buy food, pharmaceutical products and basic necessities.
- Go to the doctor or other medical establishments.
- Go to work and return home.
- Give assistance to elderly people, minors, dependants, people with disabilities or especially vulnerable persons.
- Go to the bank or insurance offices.
- For essential or urgent needs.
- Other similar activities, that must always be carried out individually, except if you are accompanying persons with disabilities or for a justified cause.

## CAN I WALK MY DOG ?

You can take your dog out of the house so they may relieve themselves, **but not for long walks**. Only one person may walk the dog at a time.

### OUR FOOD

## CAN I GO FOR A RUN ?

No.

# STATE OF ALARM: FAQs

## CAN I GO OUT IN MY CAR ?

Yes, but **only to carry out any of the previously mentioned activities**: to go to the supermarket, to the bank, to the doctor, to the petrol station, to work...

## CAN I VISIT FAMILY MEMBERS ?

No, **not unless they are elderly people, dependants, people with disabilities or vulnerable people who need help or assistance**. In these cases, you may go and see them, as long as you always maintain the required health and safety measures: hygiene and one meter safety distance.

## CAN I GO AND SEE MY FRIENDS ?

No. We must stay at home, as one of the main objectives of this measure is to avoid unnecessary personal contact between people.

## DEBO LLENAR LA DESPENSA ?

No. You may leave the house to go and buy food and any other basic necessity as and when you need them, and the Government has guaranteed the supply of these products.

## WHAT BUSINESSES CAN OPEN ?

- Businesses that sell food, drink and other basic necessities.
- Pharmaceutical and medical establishments, opticians and places that sell orthopedic products.
- Places that sell hygienic products.
- Press.
- Petrol stations.
- Tobacconists.
- Places that sell technological and elecommunication equipment.
- Places that sell food and other products for pets.
- Laundries and dry cleaners.
- Places that do business online, by telephone or by correspondence.

## CAN I TAKE MY CHILDREN TO THE PARK ?

No.

