ALARM STATUS DECLARATION; WHAT CAN AND CANNOT DO.

CAN I GO OUT?

THE "REAL DECRETO" LIMITS OUTDOOR MOVEMENT AND DAILY ACTIVITIES.
It states that if someone must go out it should be only him/herself (some exceptions apply), crowds must be avoided and that a "safety distance of at least one meter" must be maintained to avoid contagion.

YOU CANNOT LEAVE YOUR HOUSE TO...:

- Exercize, for example go running.
- Go out with your children unless there is no other choice.
- Visit your family or friends, **except to help elderly people or others who need assistance.**

Furthermore, you can only go out with someone else if it is an elderly person, a person with restricted mobility, a minor, or due to a justified cause.

You may walk your dog only if you are doing so alone, it is strictly necessary, and you keep the required distance from other people and their pets.

While the amount of time spent for authorized outside activity is not regulated, it is important to use common sense and keep it to a minimum.

YOU CAN LEAVE YOUR HOUSE TO...:

- Purchase medicine and products at the pharmacy.
- Buy food and essentials at the supermarket and other stores that have remained open.
- Go to health and medical centers, hospitals, and health support services.
- Go to work.
- Look after and assist elderly, assisted, young, disabled, and vulnerable people.
- Go to the bank and insurance offices.
- Attend to an urgent situation.
- Return to your usual place of residence/home.

IN THE CASE OF CLOSED AND PRIVATE HOUSING, CAN PEOPLE BE IN THE OUTDOOR SHARED AREAS?

NO

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WHICH MODES OF TRANSPORT CAN I USE?

Public transportation throughout the country (by road, train, air travel, or by boat) has been reduced by at least 50%, except in the Canary Islands and in the case of some transport that belongs to "regional and municipal" entities (for example, metro and town buses). All these measures are subject to change by the Transport and Mobility Ministry or similar authorities.

CAN I USE THE BUS OR THE UNDERGROUND?

YES

Public transport will be operating, but only for work commutes and those essential activities authorized by the "Real Decreto."

CAN I USE MY CAR?

YES

Private cars and vehicles are allowed on public roads, when used for the same purposes as with public transport, and to go to gas stations.

CAN I GO TO A DIFFERENT REGION TO WORK?

YES

As long as it is your usual commute to work.

WILL DELIVERY SERVICES OR CORREOS (POST OFFICE) WORK?

YES

CAN I GO TO THE POST OFFICE TO SEND OR PICK UP A PACKAGE?

YES

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WHAT STORES WILL REMAIN OPEN?

- Supermarkets and similar stores that sell essential products.
- Pharmacies, optical and orthopedic shops.
- Hygiene stores.
- Shops that sell newspapers and media, paper products.
- Tobacco.

Additionally, fuel stations, technology equipment stores, dry cleaners and laundry outlets will remain open as well as pet stores and shops related to internet and phone.

NOTE: hairdresser and barber shops will be closed.Only in-home services will be allowed.

1 METER

Crowds in stores are to be avoided and individuals must maintain at least one meter between each other(this pertains to both clients and staff.)

RESTAURANTS, BARS, AND CAFETERIAS WILL REMAIN CLOSED, EXCEPT FOR DELIVERY SERVICES.

WHAT ABOUT LEISURE ACTIVITIES?

Parks, playground areas, beaches, museums, cinemas, libraries, monuments, theaters, sports arenas and bullrings, gyms, and tennis courts will be closed.

Sports activities, popular parties, parades, and traditional festivals will not take place.

CAN I BUY CLOTHES?

Only via online and phone service, not by making in-store purchases.

WILL I BE PENALIZED IF I DON'T COMPLY WITH THE RESTRICTIONS?

YES

100€

For example, you could be subject to a fine of **100 euros or one year of imprisonment,** depending on the severity of your misdemeanour.

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