



STAY AT HOME

PROTECT THE **NHS**



Save Lives



Social distancing is very important at this time.

You should only be in contact with people you live with.

YOUR COUNTRY NEEDS

YOU

To stay at home.

What is social distancing?

Social distancing is reducing the interaction between people that you do not live with. This includes avoiding going to other people's houses, going to the park to meet your friends and even going out on a walk with your friends or people you do not live with.

Why is social distancing important?

In order to reduce the spread of COVID-19, the amount of contact people have needs to be limited. Social distancing helps this by reducing the risk of people passing the virus to each other.

Top Tips for Social Distancing

- Keep your distance from people, stay 2 meters apart.
- Stay active in your own home.
- Think of ways to keep yourself busy – colour, cook, video-call friends, read a book, learn a new skill.
- Spend time each day completing some of your home-schooling work.
- You should only be leaving your home once a day – this should be for a walk or some exercise. Your parents should be going to the shops but only if this is vitally important.