

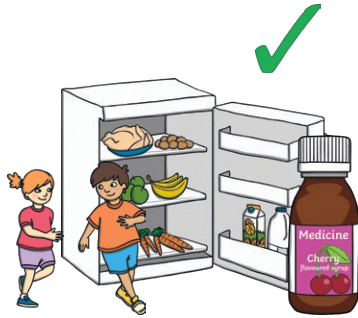
Social Distancing

Social distancing is something we all must do to help stop COVID-19 spreading from person to person.

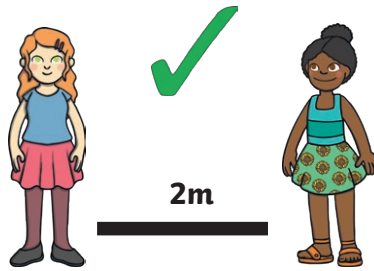
1. Stay at home.



2. Only leave your home to buy food, get medicine and to exercise once a day.



3. If you must go out, stay more than two metres away from people who you do not live with.



4. If someone is unwell with a high temperature or a new continuous cough, don't touch them or go near them.



5. Do not use public transport unless it is essential that you do.



6. Grown-ups should work from home if they can.



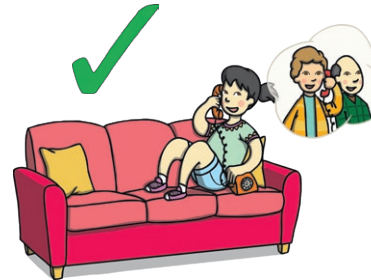
7. Do not get together with people who do not live with you in public spaces such as parks or on the street.



8. Do not meet up with friends or family who you do not live with.



9. Keep in touch with family and friends by using phones and the Internet.



10. Use the phone to contact people, such as doctors and other people who help you stay safe and well.



Let's do the right thing for everyone by keeping our distance!