

Social distancing means Staying connected & safe



It is important to look after our wellbeing by

- get fresh air and exercise every day
- talk to people
- check on each other



Outside:

- Keep at least arms length away from people
- Try not to touch things
- Wash your hands or use sanitiser



Talk to people every day

- Telephone calls
- Skype and Zoom (video call!)
- WhatsApp
- Facebook & Twitter



Do stuff:

- Make a list to do in the house
- Play games – online
- Read books and magazines
- Be artistic!

Keeping safe with others



Keep away from someone who has a:

- cough
- high temperature



Only use the bus if you:

- Really need to
- When it is not so busy



Do not use the pub or:

- cafes
- Visit friends or family (unless you really have to)



Use a telephone:

- if you need the doctor
- or essential services.