

## Coronavirus Update



The government has given some new advice about coronavirus.



The advice will help us do more normal things safely, like going outside and seeing people we know.



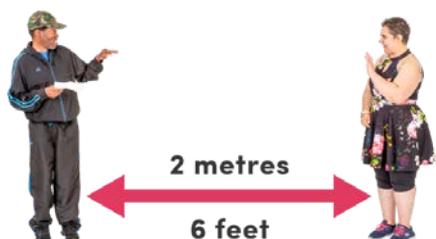
We must follow the advice to stop the disease from spreading again.

## **Social distancing**

Social distancing means staying a safe distance away from other people.



You must do this when you are out and about, visiting friends, or going to public places like the shops or the park.



The government guidance about the safest distance has not changed. **2 metres is still the safest distance.** 2 metres is the same as the length of a double bed.



If you hold your arms out to the side, that is about 2 metres.

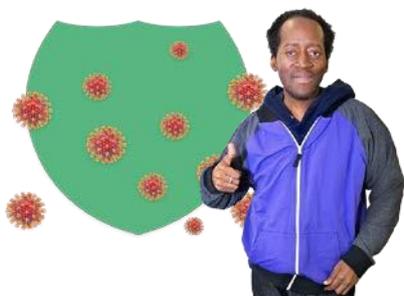
## If 2 metres is not possible

In some cases, it is hard to stay 2 metres away from other people.

Here are some examples.



- Travelling on public transport
- Walking down a narrow corridor
- In a small shop
- In a crowded place



If you cannot stay 2 metres away from other people, here are some things you can do to stay safe.



1. Stay at least **1 metre** away from other people.



If you hold out one arm, that is about 1 metre.



2. Wear a mask that covers your nose and mouth.



3. Turn your face away from other people's faces.



4. Wash your hands as often as possible.



5. Do not touch your face.



## People you can be close to

There are some people who you do not need to stay away from.



You do not need to stay away from people who live in the same house as you, as long as they do not have coronavirus.



You do not have to stay away from carers, support workers or health professionals, as long as they are wearing **protective equipment**.



Protective equipment means plastic gloves, plastic masks that cover your whole face, and plastic aprons.



## If you have coronavirus

If you think you have coronavirus, or someone in your house has it, you must stay at home for at least **10 days**.



You must keep away from all people except your carers during this time.



If you have coronavirus, everyone who comes near you must wear full protective equipment.



You must not go outside at all unless you are going to the doctor or the hospital.

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