

All About COVID-19 – What does ‘social distancing’ mean?

This is a social story to be read with, or by, people we support to help them to understand the latest advice and guidance around the COVID-19 outbreak.

For social stories to be successful they should be read regularly, in the same way each time and before the event. This means this story will be most successful if it is read every day regardless of if the person is self-isolating or showing symptoms.



Why are we talking about social distancing?

COVID-19 is a virus that means people are getting poorly.

The government wants to help slow down how quickly this happens.

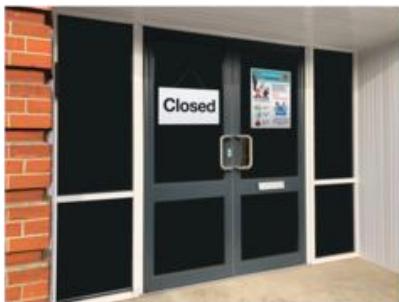
Social distancing is one way that we can help to do this.



What does social distancing mean?

Social distancing means staying away from other people as much as we can.

It means not going to public places where there are lots of people if we can.



Who is being asked to do this?



Everyone is being asked to try and 'social distance' even if they don't have any symptoms of COVID-19.

This is because even people who feel well could spread the virus to other people.



There are some people who will get very poorly if they get COVID-19 so this will help keep everyone safe and well.

What would social distancing mean for me?



Some of my usual activities may be cancelled.

Events I was planning to go to might be cancelled.

My day centre might close.



My family and friends might not be able to visit me but I can talk to them on the phone.



Activities that I usually do as a group I might have to do by myself, or just with my support worker.

I can still go shopping if I have to but should try and stay away from other people (2 metres apart where possible).



I can go out for walks and get some fresh air – open spaces are best.

I can still spend time with people but shouldn't sit too close.



I should try not to touch other people and should not shake hands with people or hug them.

If support workers need to come close to me they might wear gloves, an apron and mask even if they don't usually.



They will only need to wear this if they are very close to me.

How long will have to social distance for?



No one knows how long this will last for but things will go back to normal.

Doctors and government will tell us when it is safe.



Social distancing can be hard. To help you, we have made [some separate guides to give you some ideas of the things you can do to keep busy.](#)

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