

Social distancing



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



Social distancing helps to stop the spread of coronavirus.



The government have said you can decide who you want to social distance from.



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 in your household or support bubble, unless they are self-isolating or they 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 face, and plastic aprons.



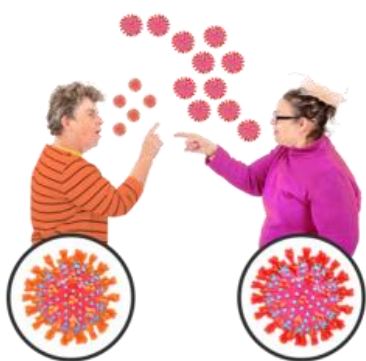
The government have said it is ok to hug your friends and family if you want to.



The advice is: have a quick hug with other people and do not put your face against the other person's face.



If it makes you feel safer, you can wear a mask when you hug people.



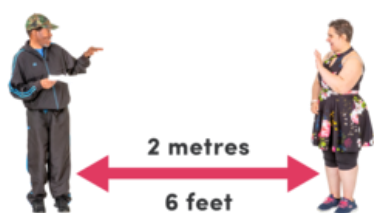
It is important to remember that coronavirus spreads from person to person.



When you are close to someone or hug someone, you might pick up or spread the virus if one of you have coronavirus.



You will still need to stay 2 metres away from people you do not live with, or who are not in your support bubble in places like hospitals and GP surgeries unless they need to get close to you during your appointment.



If you live in a care home, you will still need to stay 2 metres away from people you do not live with, or who are not in your support bubble.



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

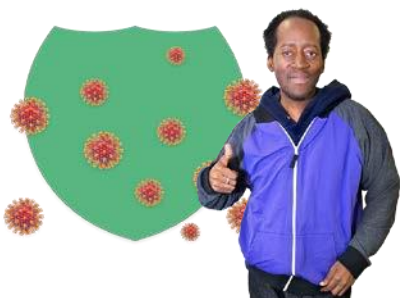


Sometimes it is hard to stay 2 metres
away from other people.



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.

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