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.

**You do not have to social distance by law.** You might still want to do social distancing because it is safer.
What does Social Distancing mean?

Social distancing means giving people lots of space. It means you do not get as close to them.

The government said that 2 metres is 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 you cannot be 2 metres apart

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

Here are some examples of when it might be hard:

- 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.

Stay at least 1 metre away from other people.

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

You can wear a mask that covers your nose and mouth.

Meet people outside if you can.
Wash your hands as often as possible.

Have Coronavirus vaccines. You need 2 vaccines. This is not the law but it is a good idea.

Turn your face away from other people’s faces.

Do not touch your face.

Remember: The government have said that you do not have to social distance by law. They have said it is a good idea.