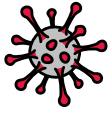


9 April 2020

Coronavirus (COVID-19): Guidance on Social Distancing

Page 1 of 8



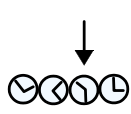
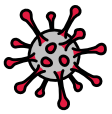
=



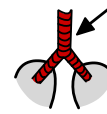
COVID-19 is a new illness.



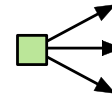
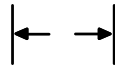
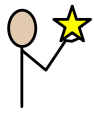
Lots of people call it coronavirus.



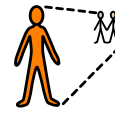
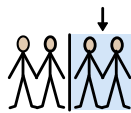
+



It can sometimes affect your lungs and your airways.



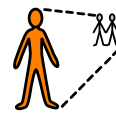
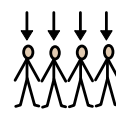
It is important that people keep apart to stop it spreading.



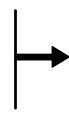
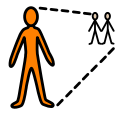
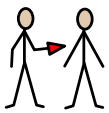
Staying away from other people is called social distancing.



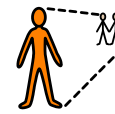
2020



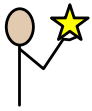
In March 2020, the government asked everyone to socially distance.



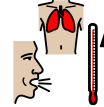
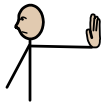
You should socially distance from people you don't live with.



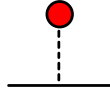
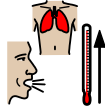
The government will announce when we can stop social distancing.



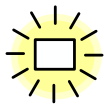
1



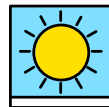
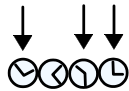
Stay away from someone that has coronavirus symptoms.



Symptoms include: a high temperature.

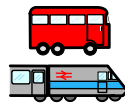
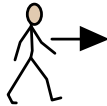


A new cough that lasts longer than an hour,

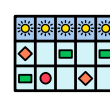


or repeats 3 times during the day.

2

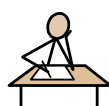
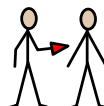


Do not use public transport unless you have to.

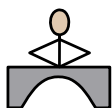


If you have to, travel during less busy times.

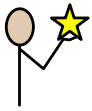
3



If you have a job, work from home if you can.

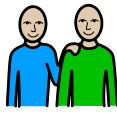
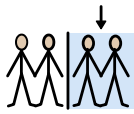


Your boss should support you to work at home.

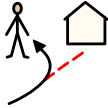


Five important rules to remember

4



Don't meet other people, friends or family you don't live with.



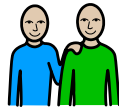
=



+



Avoid public places like pubs and clubs.

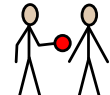


+



If you can, contact friends and family on the phone or internet.

5



You can call your doctor.



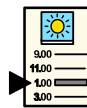
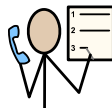
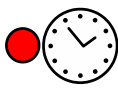
=



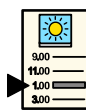
You can call services like housing, benefits or social worker.



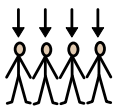
Do not visit them.



If you already have a health appointment you should contact them.



The GP surgery or health service may cancel your appointment.



Everyone



should follow

5

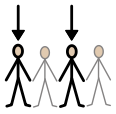
the



rules

9 April 2020

Page 4 of 8



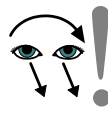
Some people



should be

+1

extra



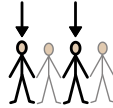
careful.



Coronavirus



can make



some people



very



ill:



Adults



aged

70

70

+

or more.



Adult

<

less than

70

70



years old



asked to



have an annual



flu



jab.



People

=

who are

!!

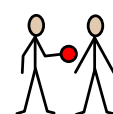
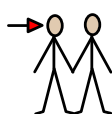
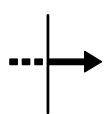
very

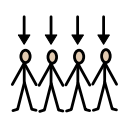


overweight.

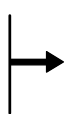
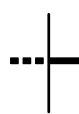


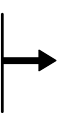
Pregnant women.

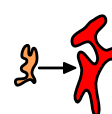
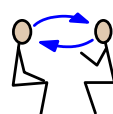
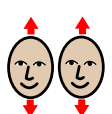
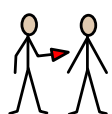
 If your  family  care for you,  they  can  continue.

 Write  a plan  to make sure  everyone  is kept safe.

 Home care  info  for  social  care staff  can be  helpful for  family  carers.

 Care  from  health  or  social  care services  will  continue.

 Including  help  from  support workers.

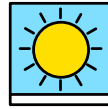
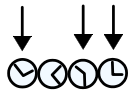
 Any changes  should be  discussed  and  agreed  with you.



Personal safety

9 April 2020

Page 6 of 8



Wash your hands lots of times during the day.



+



+



20



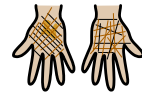
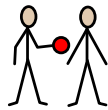
Use soap and water and wash for 20 seconds.



++



You can also use hand sanitiser.



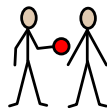
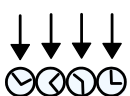
Do not touch your eyes, nose or mouth with unwashed hands.



+



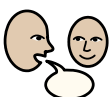
Cough and sneeze into a tissue, throw it away and wash your hands.



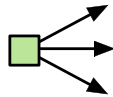
+



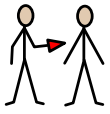
Regularly clean your home and things you touch with disinfectant.



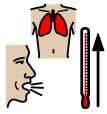
Tell people they cannot visit.



Stop coronavirus spreading



If you



have symptoms



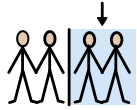
you should



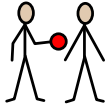
stay at home



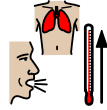
for 7 days.



If others



have symptoms,



you should



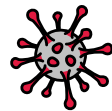
stay at home for 14 days.



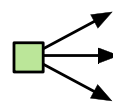
Staying at home



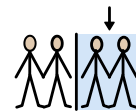
stops



coronavirus



spreading to



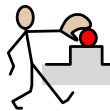
other people.



Make sure



you can



get



food



and



medicines.



Think about:



ordering



online



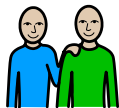
to be delivered



to you.



asking



friends



and



neighbours



for help



finding out



if local



support



groups



can



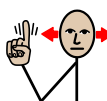
help.


 Try to
 
 stay well
 
 and
 
 feel happy
 
 during
 
 isolation.

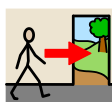

 Visit
 
 the NHS
 
 website
 
 for exercising
 
 at home
 
 ideas.

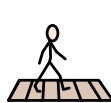
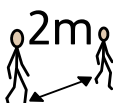
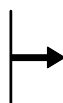

 Think of
 
 activities
 
 you
 
 enjoy
 
 indoors.


 Eat
 
 healthy food
 
 and
 
 drink water.


 Avoid
 
 smoking,
 
 alcohol
 
 or
 
 drugs.


 Open windows
 
 to breathe
 
 fresh
 
 air.


 Go out to
 
 the garden
 
 for sunlight.


 You can
 
 go for a walk,
 
 but you must
 
 keep 2 metres apart
 
 from
 
 people.