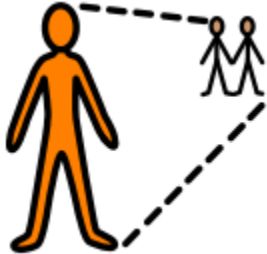
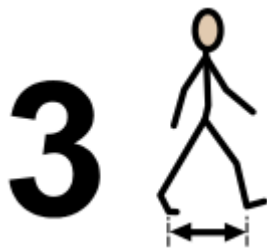


What is Social Distancing?



Social Distancing means keeping a space of 2 meters away from other people



2 meters is the distance when we reach our arms out wide, or take 3 big steps



We need to do this with people we don't live with and who are not in our support bubble



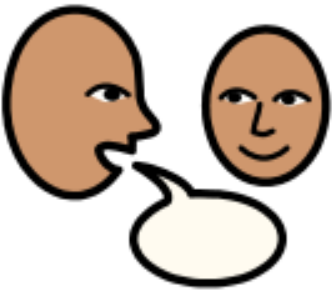
Social Distancing also means only leaving the house if we really need to, such as to go buy food or go see a doctor



We also can't have visitors inside our houses, unless they are looking after us



Some people might be able to visit you outside, you can talk to the people you live with about these rules



It is important that we still speak to people we like and people we care about



We can do this over the phone, or on video calls



We can also wave to people from a distance or from a window