

Social Distancing

Easy Read Information

Why should we be doing social distancing?



Social Distancing is something we should all do to help stop the spread of Coronavirus



The NHS says people with learning disabilities should be extra careful to do this



SCLD have another Easy Read with information about Coronavirus.

You can find it here

<https://www.sclد.org.uk/wp-content/uploads/2020/03/Section-1-Overview-.pdf>



If we all do the things we are asked it will help to slow down the virus



If we can slow it down it means the hospitals will be less busy



It means the hospital can manage better

What should I do?

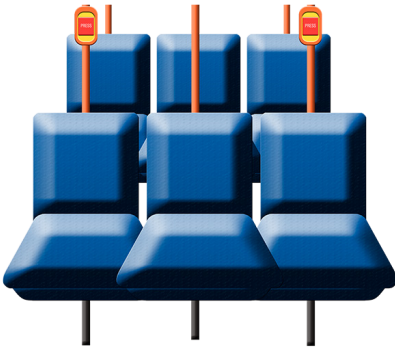
Stay away from busy places



Stay away from buses and trains



If you need to travel go when it is quieter



Stay away from cafes, bars and cinemas



You can order take away food





Talk to friends and family on the phone or online



Go outside for a walk or run but do not get too close to others



If you are with a friend or person from your family both stretch out your arms and stay two arms away from each other



Remember to wash your hands every time you come back in to the house

If someone you live with has a cough and a temperature



You must stay in the house for 14 days



Ask someone to bring you shopping



You can order take away food



Any deliveries or parcels should be left at your door step



Do not kiss or touch anyone



If you can sleep in separate beds



Wash your bed clothes on a hot wash

