

A guide to social-distancing during COVID-19 (coronavirus).

Don't worry but stay safe!

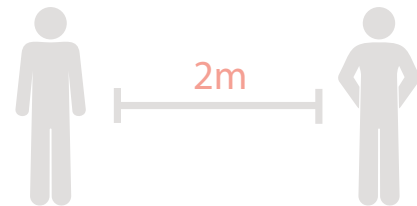
What is social distancing?

Social distancing means staying away from people when you are outdoors. You don't have to stay away from the people you live with.

How far away do you have to be?

You have to stay 2 metres away from other people when you are outdoors.

How far is 2 metres?



- Roll out a tape measure to check!
- A lot of doors in people's homes are about 2 metres high.
- A lot of beds are about 2 metres long.
- Most car parking spaces are about 5 metres long.
- Hold the handle end of a broom and stretch out your arm - that long!

Ask your neuro occupational therapist if you need more help to understand 2 metres.





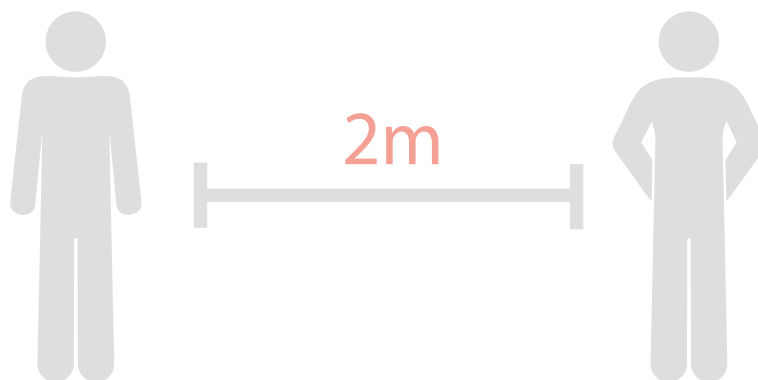
Why is social-distancing important?

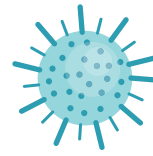
It helps to protect everyone!

COVID-19 (coronavirus) can spread easily from one person to another person. That means lots of people being close together isn't a good idea. Staying 2 metres away stops the virus from spreading.

Should I stop going outside?

- You can go into your own outside space, like a garden, yard or balcony.
- You can go outside for important food shopping or medicines.
- You're only allowed to go outside once a day if it's for exercise.
- Make sure you keep 2 metres away from people you don't live with.



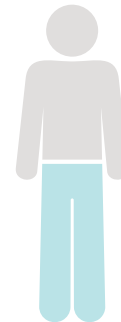


How your neuro OT can help:

Your neuro OT has been helping you since your brain injury and can help in lots of ways now!

Neuro OTs can help with:

- Explaining what the new COVID-19 rules mean.
- Getting food and medicine.
- Keeping you in touch with other people.
- Sorting out problems with your care.
- Carrying on with your neuro occupational therapy.

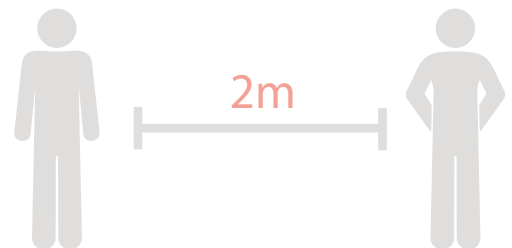


If you need help with anything, contact your neuro OT or ask someone to do it for you.

Who can you contact if you're worried?

The first people you should try to contact are:

- A family member.
- Your neuro OT.
- Your support or care worker.
- A friend.



If you can't contact them and are feeling unwell, call the NHS helpline on 111 or, in an emergency, 999.

