

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

**Don't worry but stay safe!**

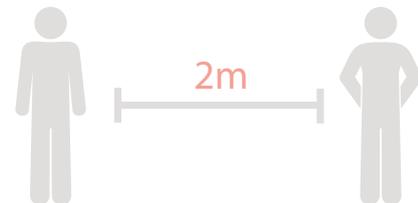
### What is social distancing?

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?

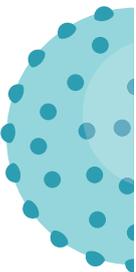
You have to stay 2 metres away from other people when you are outdoors.

### 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.





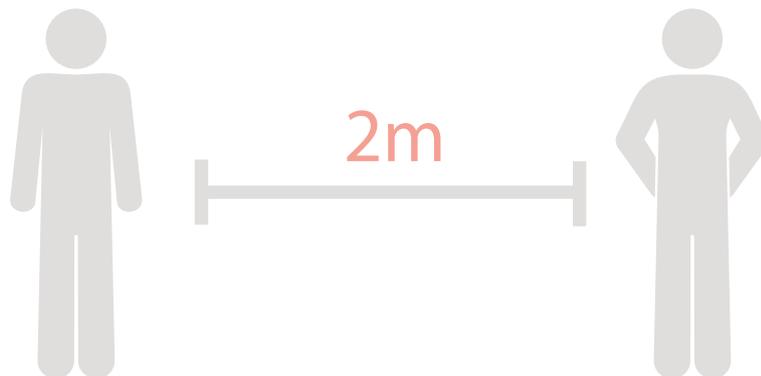
## Why is social-distancing important?

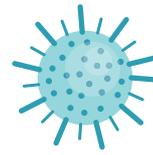
### It helps to protect everyone!

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.



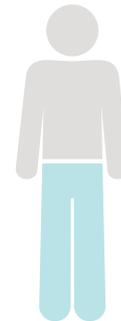


## How your neuro OT can help:

**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.

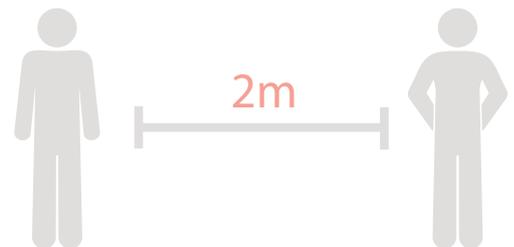


If you need help with anything, contact your neuro OT or ask someone to do it for you.

## 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.