

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

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

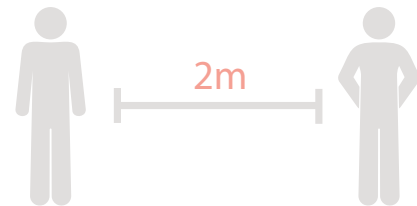
### What is social distancing?

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.