



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.

