





Why is social-distancing important?

It helps to protect everyone!

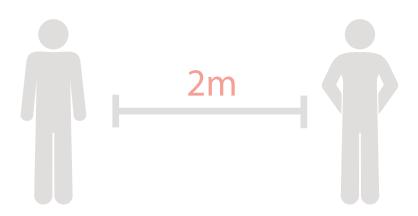
COVID-19 (coronavirus) can spread easily from one person to another person.

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.





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