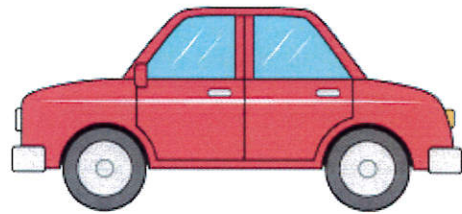
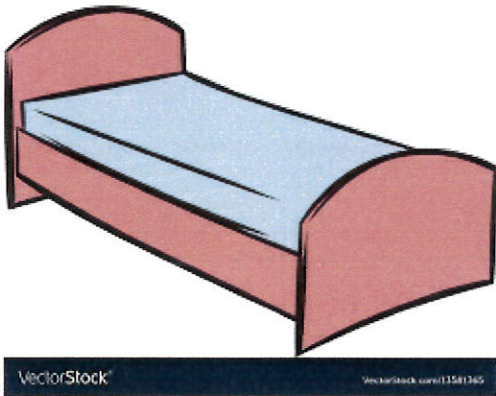


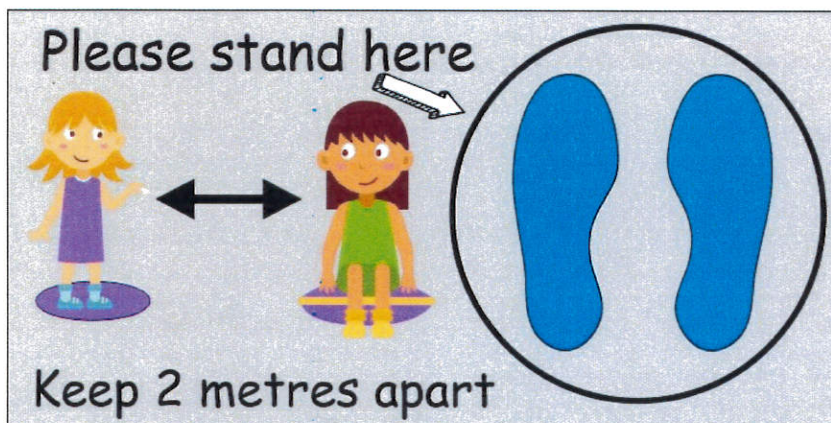
## Socially Distancing

Social Distancing means staying at least two metres apart from people that we do not live with.



Two metres is about the same length as a small bed or as long as a car.

Keeping at least two metres away from people we do not live with will help to stop COVID-19 from spreading.



This is because the virus can't spread across this distance even if an infected person coughs or sneezes.

It can feel strange to stay 2 metres apart from my friends and teachers that I know really well. However, it's really important to do this to stop COVID-19 from spreading and making lots of people unwell.

Try to imagine that you are inside a two metre wide bubble when you are out of your house. Don't let anyone burst your bubble! This will keep everyone safe.



I must keep washing my hands for at least 20 seconds.

If I am going to sneeze or cough, I must do this into a tissue then put the tissue in the bin and wash my hands.

I must try to stay two metres away from my friends and teachers.

Going back to school will be fun. I must try to remember that the changes are to keep me safe. My teachers will be proud of me for trying to remember what I need to do to keep safe at school.