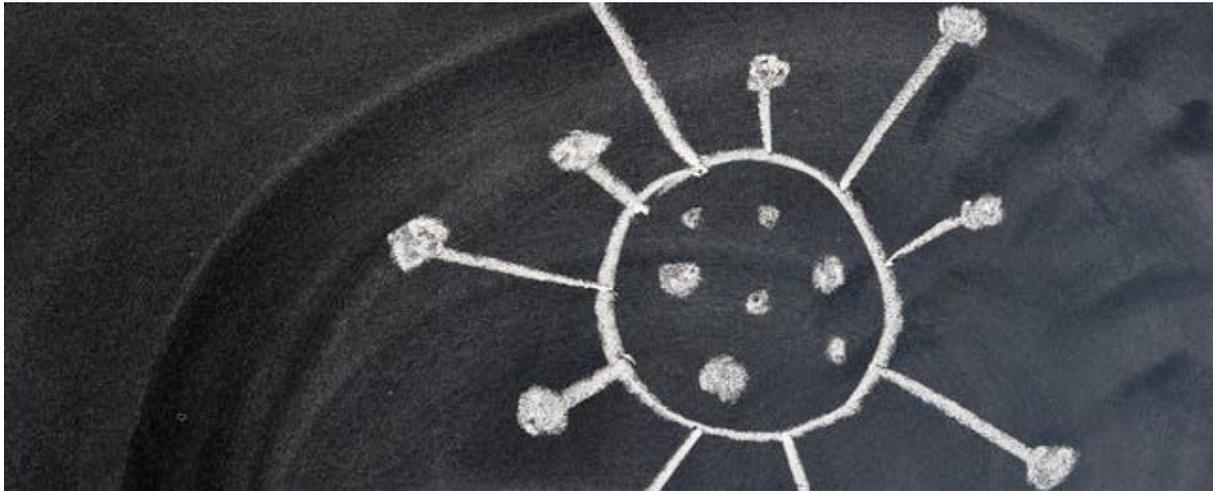


## The 'keep it simple' guide to social distancing.



Covid-19 is a new virus which spreads very easily between people, and while some people may feel only a little unwell if they catch it, other people can become seriously ill.

Scientists all over the world are working hard to make a vaccine to prevent people from becoming ill, but this can take many months.

So, to help stop people from catching Covid-19, many countries including the UK have decided that the best way to keep people safe is to make sure we keep some distance from each other. This way the virus has very few opportunities to spread between people, fewer people become ill and helps hospitals cope with treating people who do become unwell.

The government have called this 'social distancing', and although there is a lot of information out there explaining what this means, it can often be quite confusing to know what the rules are and what you can and cannot do.

To help make sense of all this information and to help keep you and the people around you safe, we have created a 'keep it simple' guide to social distancing.

### Staying in.

**You should stay at home as much as possible.**

**You cannot invite people into your house who you do not normally live** with, this includes friends and family.

**You can keep in contact with friends and family on the phone and online as much as you like.**

**You can open your front door to food delivery and parcel delivery workers, but try to keep a safe distance.** Many delivery workers have been advised to also keep a safe distance.



You can also open your front door to emergency workers and first responders.

You can use your garden or balcony if you have one.

## Going out.



You can go out to go shopping for food and medicine. However, it is best to keep a distance of 2 metres or 6 feet from other people – this is about the length of two shopping trolleys. Some supermarkets have limited the number of people allowed in the shop at one time to make this easier.

You can go out for an appointment with a doctor or healthcare professional if it is not possible for the appointment to happen over the phone.

You can go out if you need to look after a vulnerable person.

You can go to work if you are an essential worker and cannot work from home.

You can go out for a walk, for exercise, or to take your pet for a walk. This should only be for 1 hour each day.

If you go out for exercise and don't want to go out alone, it should only be with those who you live with. It is best to avoid going out in groups and to try to avoid crowds as much as possible.

If possible, try to avoid standing around in one place too long.



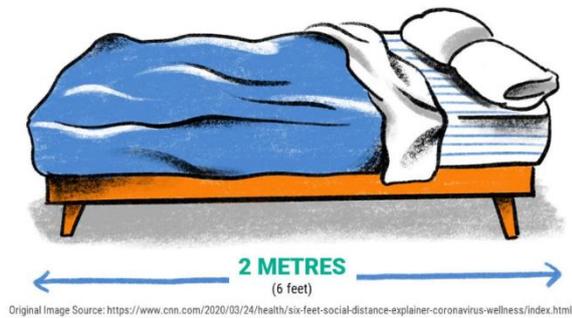
## Public transport.

Only use buses, trains and tubes if you really have to.

Most London buses can now only be entered through the middle doors. This is to help protect the driver and passengers from getting Covid-19.

## Useful tips.

Try to keep a distance of **2 metres or 6 feet from other people**. This might be difficult if you have to pass someone on the pavement, but don't worry as this won't be enough time for any virus to pass between two people.



If you have a face mask, it is a good idea to wear it when going out.



It may often be impossible to avoid touching things like door handles or traffic light buttons when outside. **Make sure you wash your hands as soon as you get home, and try to avoid touching your face.** Why not keep a small bottle of hand sanitizer when going outside?

It is a good idea to carry a small packet of tissues when going outside. You can use one to **cover your mouth and nose if you have to cough or sneeze in public**. Even if it is just hay-fever, everyone will appreciate your good hygiene habits.

Remember that Cape staff are here to help you through this difficult time. If you have any worries or concerns, **you can speak to your support worker or phone Cape Recovery Centre from 10am to 4pm Monday to Friday.**

