Social Distancing
Easy Read Information

Why should we be doing social distancing?

Social Distancing is something we should all do to help to spread the Coronavirus

The NHS says people with learning disabilities should be extra careful to do this

SCLD have another Easy Read with information about Coronavirus. You can find it here www.scld.org.uk/information-on-coronavirus/

If we all do the things we are asked it will help to slow down the virus
If we can slow it down it means the hospitals will be less busy

It means the hospital can manage better
What should I do?

- Stay away from busy places
- Stay away from buses and trains
- If you need to travel go when it is quieter
- Stay away from cafes, bars and cinemas
- You can order take away food
Talk to friends and family on the phone or online

Go outside for a walk or run but do not get too close to others

If you are with a friend or person from your family both stretch out your arms and stay two arms away from each other

Remember to wash your hands every time you come back in to the house
If someone you live with has a cough and a temperature

- You must stay in the house for 14 days
- Ask someone to bring you shopping
- You can order take away food
- Any deliveries or parcels should be left at your door step
Do not kiss or touch anyone

If you can sleep in separate beds

Wash your bed clothes on a hot wash