

coronavirus. social distancing

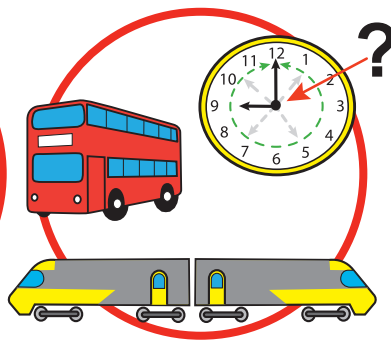
Social distancing
is how you can reduce contact with others

Everyone should try to follow these steps

1. **Avoid** people who are ill with a **high temperature** and new **cough**.



2. **Avoid** using public transport, and traveling over rush hour.



3. Work from home, if possible. Your employer should support you to do this.



4. **Avoid** large groups in public spaces like pubs, cinemas, restaurants, theatres.



5. **Avoid** groups with friends and family. Keep in touch by phone or internet.



6. Use phone or internet services to contact your Doctors.

<https://111.nhs.uk/covid-19>



limit your face-to-face contact with friends and family who are **over 70** or **pregnant**



Remember to wash your hands for 20 seconds

