WHAT IS SOCIAL DISTANCING?

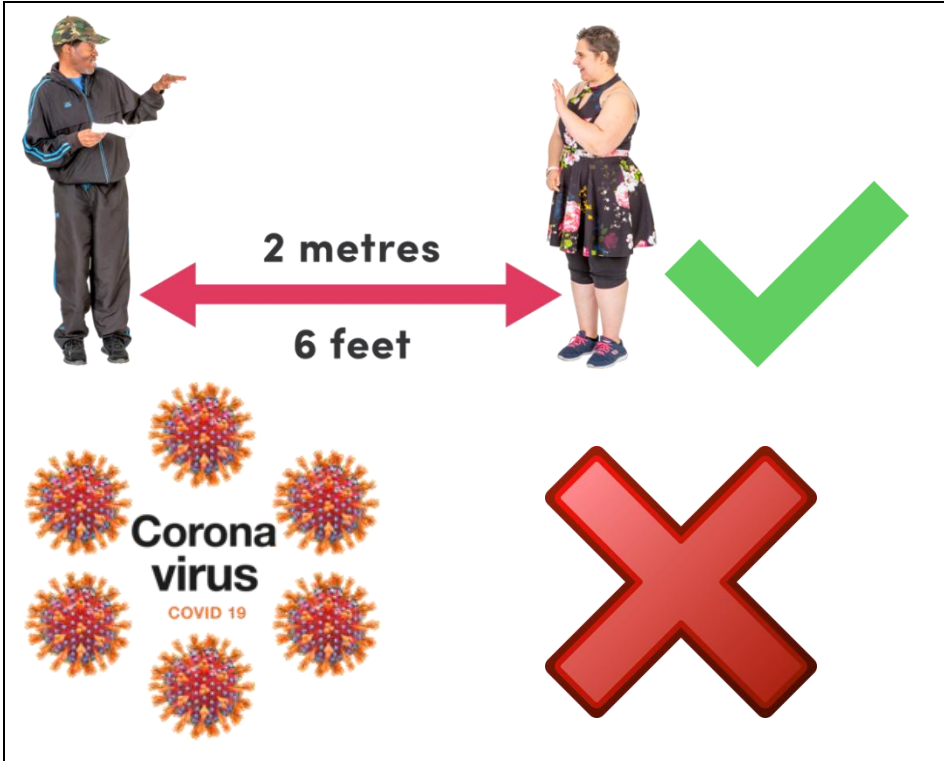|	
2 metres 6 feet Corona virus COVID 19 ✅ ❌	Corona Virus or COVID-19 is a virus that will make you very ill. A lot of people have the virus at the moment. '**Social distancing'** means keeping a safe distance from others (2 metres). Follow these guidelines will help keep you safe. This could stop you catching the coronavirus (COVID-19).

whatissocialdistancing

WHAT IS SOCIAL DISTANCING?

	GUIDELINES: • If you know someone who has a high temperature or who keeps coughing, **then STAY AWAY from them.** • **DO NOT** visit them while they are sick.
	• Try **not** to go on buses, trains or taxis. • Keep away from crowds of people • Stay at home if possible

WHAT IS SOCIAL DISTANCING?

	• Your Day Centre or Social pub will close. • All pubs, cafes, cinema and clothes shops in towns are closing. • This will keep everybody safe.
	Avoid large groups of people. Don't visit pubs, cinemas, restaurants, theatres, sport centres, bars, clubs

WHAT IS SOCIAL DISTANCING?

	You can keep in touch with friends and family by using your phone, internet and social media.
	If you need a doctor, phone them first and they will tell you what you need to do. Everybody is having to follow these rules at the moment. Everybody is social distancing from people. It is hoped this will help stop the virus spreading.

WHAT IS SOCIAL DISTANCING?

If you want more information, contact your local CTPLD

Reading – 0118 2077 684

Wokingham – 01189 36 8681

Newbury – 01635 503 551

Windsor & Maidenhead – 01753 638 677

Slough – 01753 690 860

Bracknell – 01344 354 466