

What is Social Distancing?

Dr. Siobhan Timmins

There is a virus making people ill. This virus spreads quickly from one person to another.

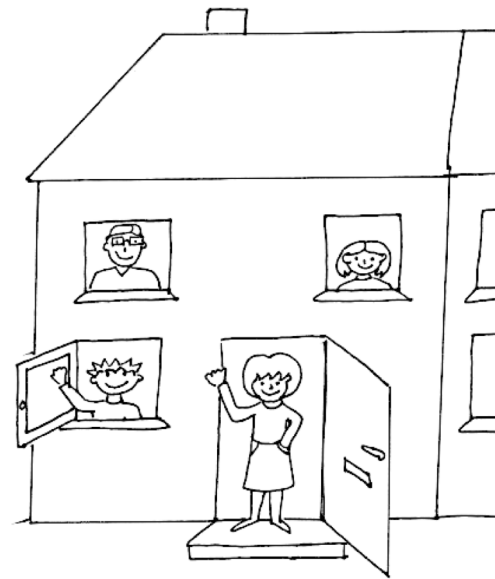
Most people who catch the virus get better at home.



A few people need hospital where doctors and nurses will help.



One way of stopping the virus spreading is for people to stay further apart. Staying at home in a lockdown keeps people apart. We have been staying at home for many weeks.



The government says it is now safe for the lockdown to begin to stop. Some workers are going back to work.

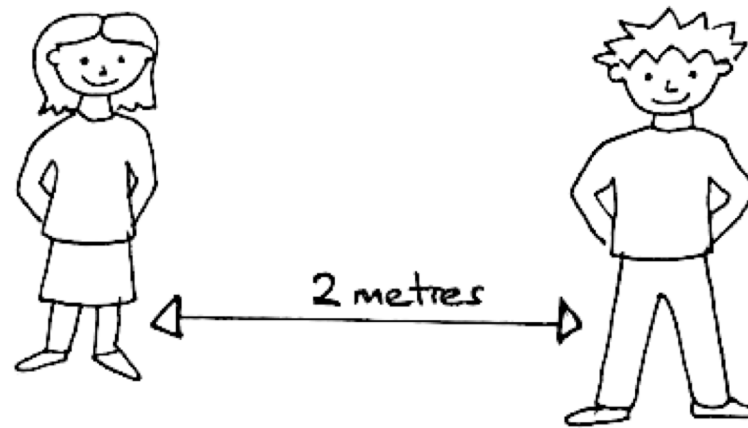


And some children
are going back to
school.

I am going back to
school on

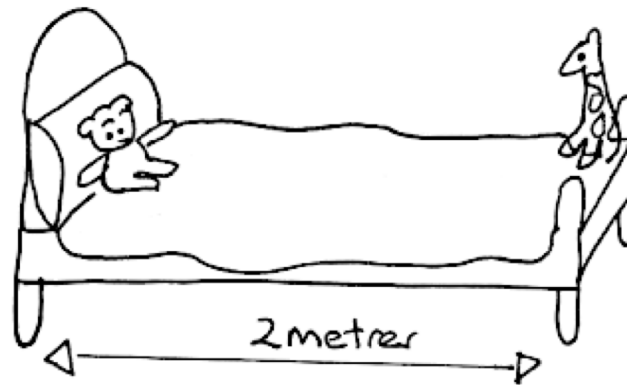


One way of keeping children safe and healthy at school is for children to stay further apart.
Scientists say 2 metres is a safe distance.



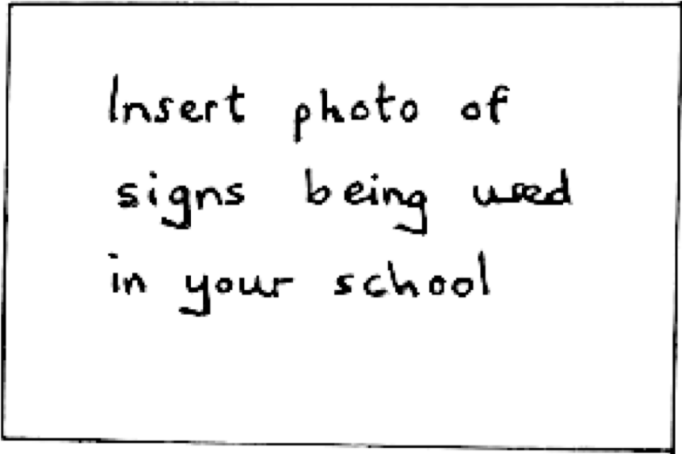
Staying 2 metres apart is called social distancing.

Two metres is the same distance as the distance between teddy and giraffe on my bed.



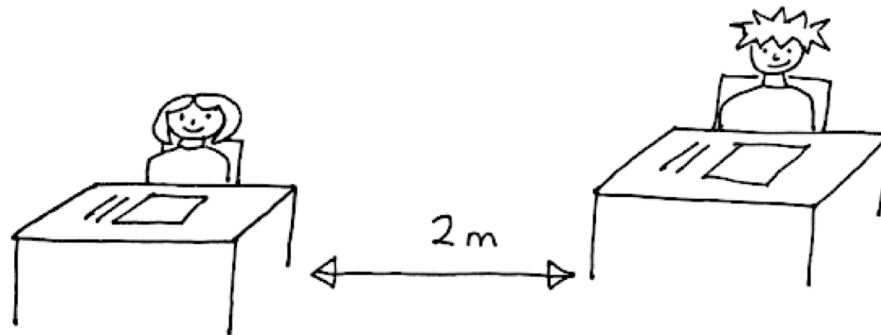
Staying two metres away from other children helps keep us all safer.

My school may have signs to help us. The signs may look like this.



Insert photo of
signs being used
in your school

Children will sit further apart in the classroom. This is okay. Sitting further apart keeps us safer too.



Washing our hands carefully and often is another way of staying safe and healthy at school. Careful handwashing gets rid of the virus.



Our teachers will remind us to wash hands or use hand sanitiser.



Mrs A knows how to help me stay
safe and healthy at school. It is okay
to ask Mrs A if I am unsure.

I am learning how to stay safe and
healthy at school.

