

Social Distancing during COVID-19

AVOID

Group gatherings

Visits to bars or restaurants

Sleepovers

Playdates

Visiting the elderly with children

Crowded retail stores

Gyms

Visitors to the home

Non essential workers in the home

CAUTION

Visits to supermarkets

Visits to the pharmacy

Visits to your GP

Travelling

Checking on friends

Checking on family

Public transport

SAFE

Go for a walk

Jogging

Working from home

Reading

Going for a drive

Video Calls

Phone Calls

Those classed as vulnerable are as follows;

Elderly 70+, those with a history of lung disease, cancer patients, Immune suppressed/compromised and those with underlying conditions