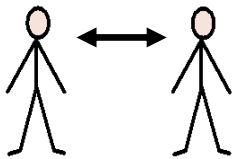


Coronavirus

Social Distancing



Social distancing means that you should not have close contact with other people. You should stay at least **2 arm lengths** away from other people if you can.



Keeping some distance from other people can **slow down** the spread of coronavirus.

This is very important for people who:



- are 70 years old or over



- have a long-term health condition



- have a weak immune system. This means your body finds it difficult to get rid of infections.

✓ DO



Wash your hands with soap and warm water for at least **20 seconds**. You should do this more than you usually would.

You should do this...



- Before eating



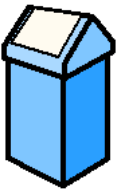
- After using the toilet



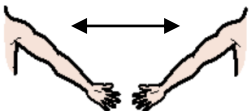
- When you get back to your ward area



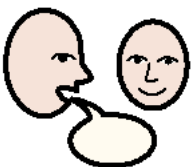
Cover your nose and mouth with a tissue or your sleeve when you sneeze or cough. Do not sneeze or cough into your hands.



Put tissues straight into the bin when they have been used.
Wash your hands after using tissues.



Stay **2 arms length** away from other people.

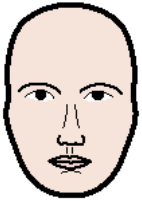


Speak to staff if you are worried or feel unwell.

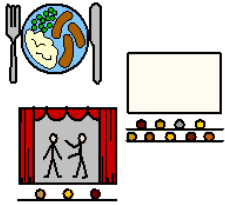
X DO NOT



Do not have close contact with anyone who has symptoms of coronavirus.



Do not touch your eyes, nose or mouth if your hands are not clean.



Do not go to social activities off the ward.