

Coronavirus Covid-19 Social Distancing

* if one member of your family or household has a new continuous cough or high temperature

** if you live alone and you have a new continuous cough or high temperature

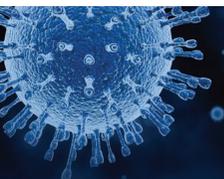
*** for example cinema, theatre, pubs, bars, restaurants, clubs

**** for example via telephone or internet

Group	Action							
	Wash hands more often	Household isolation for 14 days *	Self Isolation for 7 days **	Social mixing in the community ***	Having friends and family to the house	Use remote access to NHS and essential services ****	Vary daily commute and less public transport	Home working
0-69 years	Yes	Yes	Yes	Advised against	Advised against	Advised	Advised	Advised
70+ years	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Any age member of vulnerable group with an underlying health condition (such as anyone instructed to get a flu jab each year)	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Pregnant women	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Those with serious underlying health conditions	As above, but further bespoke guidance will follow.							

Table source: Summary of advice -

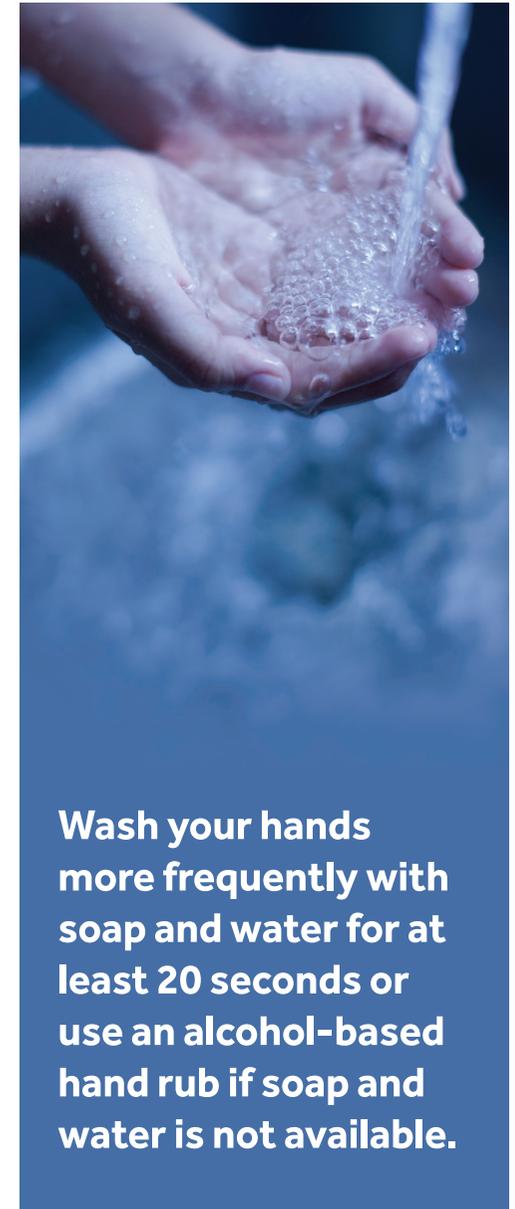
<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>



Social distancing: what does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. If you have to come into contact with people maintain a distance of at least two metres from each other.

Avoid (red)	Use caution (orange)	Safe to do (green)
Group gatherings	Visits to uncrowded supermarkets	Go for a walk (keeping a safe distance from others)
Visits to bars/restaurants	Visits to an uncrowded pharmacy	Go jogging (keeping a safe distance from others)
Sleepovers	Essential travel	Cycling
Playdates		Working in the home
Visiting the elderly with children		DIY in and around the home
Crowded retail stores		Reading
Gyms		Playing at home
Visitors to the home		Video calls
Non-essential workers in the home		Phone calls
Non-essential travel		Home cooking and meals at home
		Check on friends and family safely by telephone or the internet



Wash your hands more frequently with soap and water for at least 20 seconds or use an alcohol-based hand rub if soap and water is not available.

