

World Health Organisation (WHO) Recommendations March 2020

The government has told us that because of Coronavirus we are not able to do activities where there will be lots of people. This is called physical distancing. **We can't do things like:**

Going to church/place of worship



Going to a concert or match



Going to a pub or café



Going out shopping



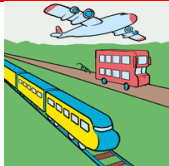
Going to the cinema



Going to a party or a wedding



They have also said:



We should not use public transport unless we need to

- go to work
- get food
- get medication



We should not have visitors to our house unless they are there to help us

There are still some things we can do **but only** if we need to:

Use private transport



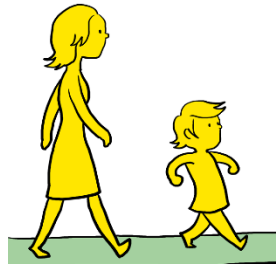
Get food shopping online or go to the shops



Get medicines











Go out for exercise once a day only on your own or with people you live with



When you go out stay 2 metres away from people you do not live with.

You may have to wait to go into a shop or pharmacy.

And there are some things **that are safe for us to do** on your own or with people you live with:

<p>Spend time in your garden</p> 	<p>Cook/eat at home</p> 
<p>Reading</p> 	<p>Listen to music</p> 
<p>Play games</p> 	<p>Watch TV or a Movie</p> 
<p>Arts and crafts</p> 	<p>Exercise inside</p> 

If you know how to do a Talking Mat it might help to use these pictures to talk about how you/other people are feeling.

And Remember:

Wash your hands frequently with soap and water



It is best to do things online or on the phone wherever you can.
Keep in touch through phone and computer.



For more information about Talking Mats please visit
www.talkingmats.com

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