

What is social distancing?

We have been staying at home because of the Corona virus. The Corona virus makes people really unwell.

To stay safe, we have to socially distance from any people who don't live with us at home.

Social distancing means we have to stay two metres away from other people when we are at school or in the community.

In school we have to practise social distancing and we will need to wash our hands more often.

It will feel strange because I can't hug, high five or touch anyone who does not live at my house.

Things will be different for a while. This may make me feel sad or worried.

If I feel sad or worried I can talk to an adult at home or at school and they will help me feel happy and calm.

Social distancing may be strange but it will help keep everyone happy, healthy and safe.