





Social distancing social media

Message	Image
<p>We all have a role to play to keep our most vulnerable loved ones safe. The latest advice asks you to stay in your house unless it's urgent.</p> <p>For more information, visit 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</p> <p>#StayAtHomeSaveLives #COVID19 #BestWarwickshire</p>	 <p>Stay at home No unnecessary journeys or social contact</p>
<p>Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media</p> <p>#StayAtHomeSaveLives #COVID19 #BestWarwickshire</p>	 <p>#BESTWARWICKSHIRE</p> <p>LET'S KEEP TALKING</p>
<p>If you are going for a walk outside or doing grocery shopping, make sure you stay two metres apart from others at all times.</p> <p>#StayAtHomeSaveLives #COVID19 #BestWarwickshire</p>	 <p>YOU NEED TO STAY 2 METRES APART TO SAVE LIVES NOW</p>
<p>Social distancing can help to save lives. Do your bit to help yourselves, your loved ones and your communities</p> <p>#StayAtHomeSaveLives #COVID19 #BestWarwickshire</p> <p>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</p>	 <p>No public gatherings of more than two people apart from those you live with</p>

While we are all doing our bit and social distancing, remember to only go outside if it's urgent and don't visit other people or socialise outside your home

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Don't visit other peoples homes or socialise outside your own home

Social distancing and staying indoors doesn't have to be lonely – don't forget to connect with people however you can. A phone call or social media can help you to keep in touch.

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We've all been asked to #StayAtHome. Only leave the house for

- Shopping
- Medical needs
- Exercise once a day
- Commute to work (only when essential)

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Only leave home for:

- Essential shopping
- Medical needs
- Exercise once per day

If you are going outside for a walk with members of your household, please keep 2 metres away at all times and regularly follow hand washing guidance

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There are lots of ways to stay in touch with loved ones while you're social distancing.

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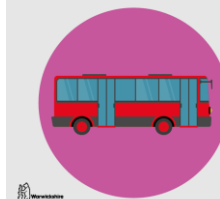


Stay in touch with friends and family on line or on the telephone

Only travel to work when absolutely necessary.

If you are using public transport, remember to stay at least 2 meters away from other users and to regularly wash your hands

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You can travel to work if absolutely necessary