

Social distancing

What everyone must do to stay away from other people to stop the spread of coronavirus



This is an easy read version of **Public Health Wales: Guidance on social distancing for everyone in Wales and protecting older people and vulnerable adults**

17 March 2020

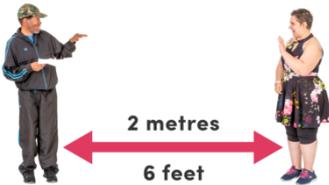
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What is social distancing?

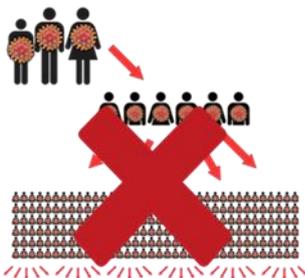


Social distancing means not getting too close to other people. It is a way to help stop coronavirus spreading from person to person.



You should keep **2 metres away from people** when outside your house. This is around 3 steps apart.

Why is social distancing important?



Social distancing can help stop the coronavirus spreading from person to person.



This is especially important for people who are likely to get very ill if they catch coronavirus.

People who are more likely to get very ill



The people who are more likely to get very ill from coronavirus are:

- People who are aged 70 or older.



- People who are pregnant.



- Adults who normally get a free flu jab because they:

- Have breathing problems like asthma or bronchitis.
- Have heart or kidney problems.
- Have liver or spleen problems.
- Have a learning disability.
- Have problems with the brain or nervous system like Parkinson's disease, multiple sclerosis, cerebral palsy or motor neurone disease.
- Have diabetes.
- Have problems with the **immune system**. This is when the body finds it more difficult to fight illnesses.
- Are very overweight.



Some people are even more likely to be very ill if they catch coronavirus. These are people with very serious and complicated health problems like:

- People who have had a transplant and are taking medicines that stop their immune system working properly.
- People who are getting treatment for cancer.
- People who have blood or bone marrow cancer like leukaemia.
- People with very serious breathing problems like cystic fibrosis. Or asthma that is so bad they often have to stay in hospital or take steroids.
- People with very serious diseases like kidney disease.



If you have any of the problems in the list above, a health worker like a GP or nurse will contact you soon.



They will tell you what else you need to do to keep yourself and others safe.

What does everyone need to do?



- Do **not** go near anyone who has a high temperature or a cough.



- Do **not** go on public transport like buses or trains unless you have to.



- Work from home if you can.



- Do **not** go to busy places.

Places like concerts, football matches, pubs, clubs, restaurants, cinemas and theatres should now all be **closed**.



- Do **not** meet up with friends and family. Instead you can phone them or send them messages on social media.



- If you need to contact your doctor you should phone or email them.

What about people who come to my house?



At the moment people should **not** come to your house unless you **need** them to.



If you get support from health or social care organisations this support will carry on as normal. You can also still get support from family or friends if you **need** it.



Talk to the people who support you about how they can help you while following the social distancing rules.



If you need support but do not have anyone who can help, you should phone your local council to ask for help.

How can I look after myself while I am following the social distancing rules?

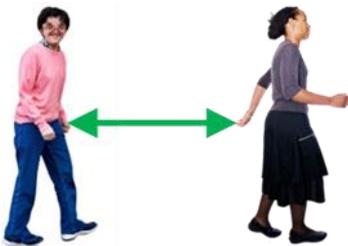


You might find social distancing boring or upsetting.

It is important to look after your health and well-being. It might help if you:



- Exercise at home.
- Do things you enjoy like reading, listening to music or watching TV.



- Open your windows to let in fresh air.
- Go for a walk outside. Remember to stay 3 normal walking steps away from other people.



- Eat healthy meals and drink water.
- Try not to smoke, drink alcohol or take drugs.



- Contact family and friends by phone and social media. It might help to talk about how you are feeling.



If you are worried and do not have anyone to talk to, you can call a helpline:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>