



Social Distancing for Young People



This is a difficult time for us all and we want to share how everyone can do their bit to support the most vulnerable people in our community and try to contain this virus. We all want life to get back to normal.



Stay 2 metres apart

Experts looking at **Coronavirus (Covid-19)** outbreak in Italy are suggesting that young people did not take the governments advice as seriously as they should, which helped spread the virus. Such as not meeting up with friends, not keeping two metres apart from people who don't live in their home and not staying at home (self-isolating).

The UK government has taken similar steps to that of Italy a number of weeks ago. Here we explain what our Prime Minister has told us to do to minimise the spread of Covid-19.

Stay at home



People should only leave their homes for one of **four reasons**:

If leaving the house at all, people should minimise the amount of time spent outside and should keep two metres (6ft) away from people they do not live with (if you can touch with arms outstretched, you are too close). Once you return to your home, remove clothes and wash immediately, shower and put fresh clean clothes on.

1  **Shopping for basic necessities such as food and medicine, as infrequently as possible.**

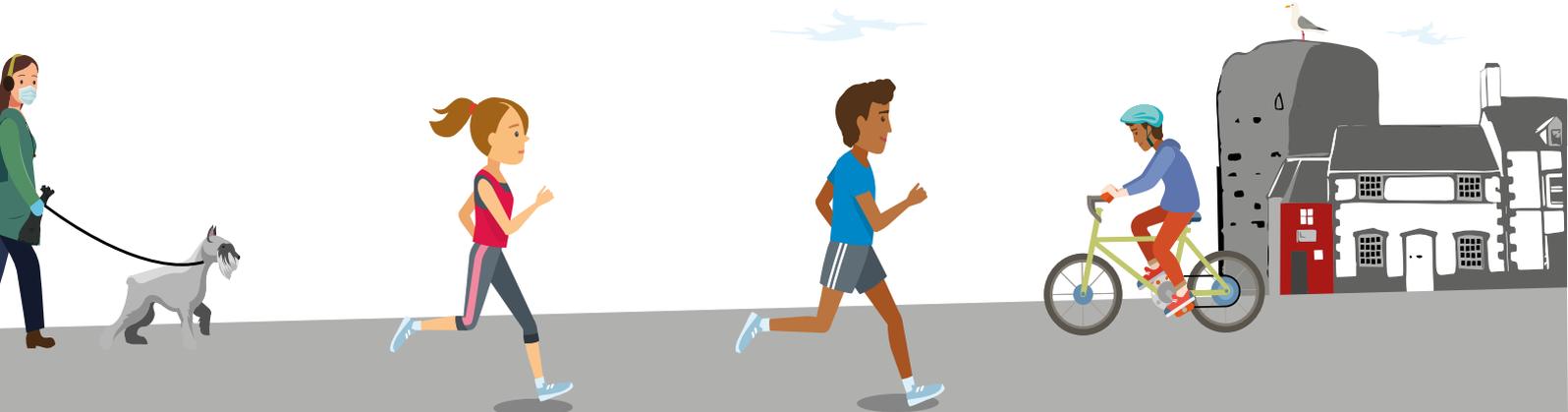
So, use home deliveries where possible, only go to the shop if you have run out of essential food or medicine at home and even then only go once a week or even better once every two weeks.

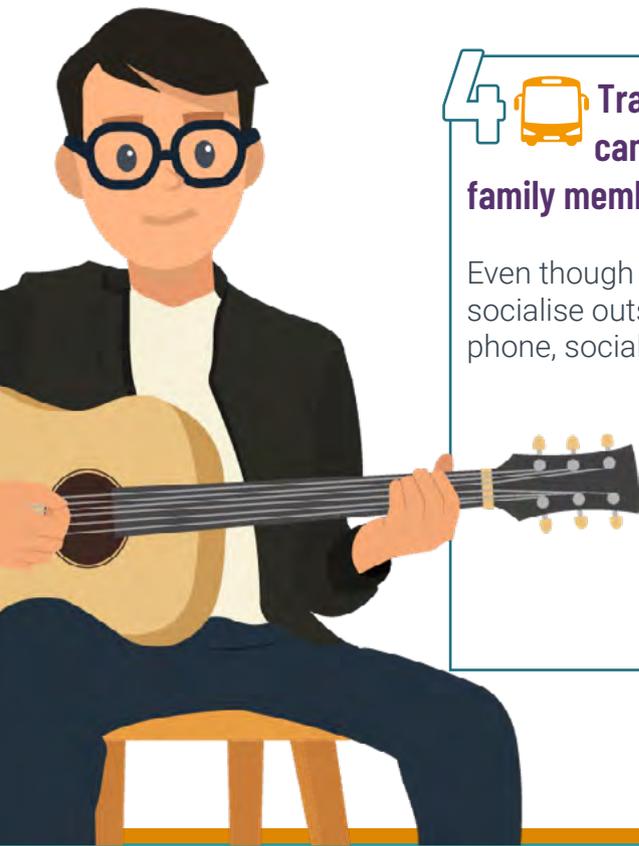
2  **One form of exercise a day such as a run, walk or cycle. This should be done alone or only with people you live with.**

You can, go out for a walk or run to exercise, on your own or with someone you live with, but if you see anyone else avoid them, even if you are good friends, keep two metres apart.

3  **Any medical need, or to provide care or to help a vulnerable person.**

Remember you may not have any symptoms at all but you may still carry the virus, so make sure you keep your distance from people in the high risk group (over 70, or with a chronic health problem).





4  **Travelling to and from work, but only where work absolutely cannot be done from home. You should not be meeting friends or family members who do not live in your home.**

Even though we can no longer meet friends, visit other people's houses or socialise outside our homes, we can stay in touch with family and friends via phone, social media, video calling or gaming.

Limit time on the computer when self-isolating. Look after your emotional wellbeing and try to keep your brain occupied as much as possible with activities around the house, or take up a new hobby like reading, baking or playing the guitar. Keep your home clean and tidy. Play with your pet, look after yourself and your family.

If you don't follow the rules the police will have the powers to enforce them, including through fines and dispersing gatherings of more than two people.

Remember these rules aren't being set to make life difficult for you, they are to keep you and your family safe. We are all in this together.



If unwell, isolate yourself and your family

If you are feeling at all unwell, let someone know and isolate yourself away from others, even within your own home (stay in your bedroom). Especially if someone you live with is a key worker and are required to go out to work.

Eat as healthily as you can to keep your immune system strong.



Wash your hands with soap and water on a regular basis and avoid touching your face.

Use soap



Palm to palm



Back to hands



Fingers interlaced



Base of thumbs



Fingernails



Wrists



Rinse hands



Dry hands



Looking out for your welfare during this difficult time is important as well as looking out for others.

Small sacrifices help your community stay safe and healthy.



'Thank you and stay safe!'



✉ youthservice@conwy.gov.uk

☎ 01492 575100

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