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 social distancing. **We can’t do things like:**

- Going to church/place of worship
- Going to a concert or match
- Going to a busy pub or café
- Going to a busy shop or shopping centre
- Going to the cinema
- Going to a big party or a wedding

**They have also said:**

- We should not use public transport unless we need to
- We should not have visitors to our house unless they are there to help us
- We should not have visitors at our work unless they really need to be there
But…. there are still some things we can do, if we are careful:

- Be with our Family
- Use Private Transport
- Use Patient Transport
- Go Shopping Somewhere Quiet
- Order/Pick Up Medicines Safely
- Play outside with family and known friends
And there are some things **that are safe for us to do:**

<table>
<thead>
<tr>
<th>Take a walk in an open park</th>
<th>Cycling</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Walk in a park" /></td>
<td><img src="image2" alt="Cycling" /></td>
</tr>
<tr>
<td>Spend time in your garden</td>
<td>Go for a family drive</td>
</tr>
<tr>
<td><img src="image3" alt="Garden" /></td>
<td><img src="image4" alt="Family Drive" /></td>
</tr>
<tr>
<td>Reading</td>
<td>Listen to music</td>
</tr>
<tr>
<td><img src="image5" alt="Reading" /></td>
<td><img src="image6" alt="Music" /></td>
</tr>
<tr>
<td>Play games</td>
<td>Watch TV or a Movie</td>
</tr>
<tr>
<td><img src="image7" alt="Games" /></td>
<td><img src="image8" alt="TV" /></td>
</tr>
<tr>
<td>Cook/eat at home</td>
<td></td>
</tr>
</tbody>
</table>
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

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

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