



Social Distancing

Social distancing is a new safety rule to help me stay healthy. It is the space between people. I should keep a space of 2m between myself and other people.



If I do not have close contact with my friends, teacher and other people around me, I reduce the chance of catching the Coronavirus and spreading it to the people who I love.



When I get to school and I see my friends, I will want to greet them.



During this time of social distancing however, I must not have physical contact like:



Hugs



Kissing



Handshakes

I can still be friendly when I see someone. Here are some cool new ways to greet:



Elbow-bump



Toe-tap



Friendly-wave



HELLO!

...or by just saying "Hello"

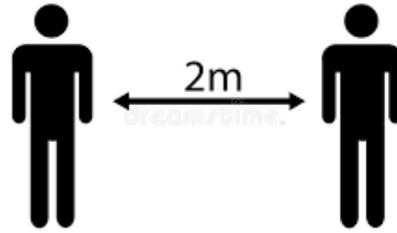
This might feel strange at first, but I can get used to it. The more we practice our new greetings, the easier it will become.

When I go back to school, I need to stay away from crowded places where there are lots of friends. I must also wear my mask at all times.

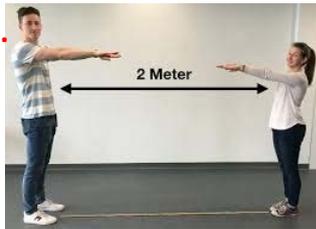


For example, we all used to jump on the trampoline together. Now we need to take turns and jump one at a time.

I can still talk to my friends, but we need to keep a 2-metre distance from each other.



An easy way for me to picture a safe social distance is if I stretch out my arm and so does the person next to me. This is how far apart we should be when we are talking and sitting together.



The key to protecting myself and others around me, is to remember this simple triangle:



It's very important to keep the three protection barriers in mind during this time. 1) social distancing, 2) wearing my mask and 3) washing my hands frequently. By doing these things I will lower my chances of catching the Coronavirus.

