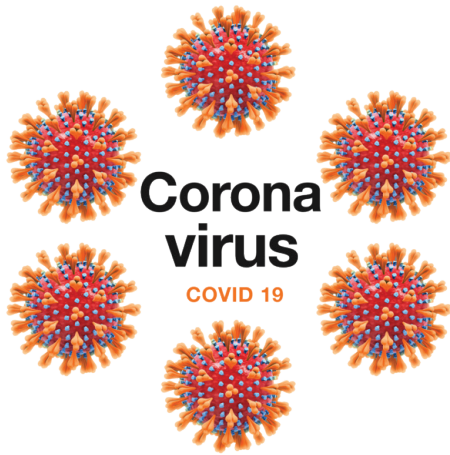


Social distancing



You are hearing a lot of news about **Coronavirus**.

Also called **COVID-19**.



The coronavirus is **spreading very quickly**.

It is making some people very sick.



The **government and doctors** do not want people to get sick.

We all want to keep you **safe**.

Social distancing



You might have heard about **social distancing**.



Social distancing means the government wants us to stay away from large crowds and do not touch people.

No hugging, kissing or shaking hands.



Try to keep some space between you and others.

That way we will not pass **coronavirus** on to each other.

Social distancing



Social distancing is good because it is something, we can all do.

Social distancing keeps us safe and stops the coronavirus spreading.



If you feel sick, please tell someone quickly.

Wash your hands frequently with soap and water, before and after eating and after going to the toilet.



Cover your cough and sneeze with your arm and throw away your tissues.

Do not hug, kiss or shake hands.



Keep **space** between you and other people.

Only spend time with carers, friends and family who are **well and healthy**.

Social distancing



We know this is hard.
It's not what we are used to!
But it will not be like this forever.
We just need to do it **now**
because of the coronavirus.



If you feel scared, nervous or
unsafe, please speak to someone
you trust.

You can talk to someone at
Endeavour Foundation.



It's OK to feel like this.
It's OK to talk about your
feelings.

Social distancing



If you do not feel well, please talk to someone at the Endeavour Foundation.



Or call the **free hotline** **1800 983 006** at any time of day or night and a nurse can answer your questions.