

Coronavirus Covid-19 Social Distancing

* if one member of your family or household has a new continuous cough or high temperature

** if you live alone and you have a new continuous cough or high temperature

*** for example cinema, theatre, pubs, bars, restaurants, clubs

**** for example via telephone or internet

Group	Action							
	Wash hands more often	Household isolation for 14 days *	Self Isolation for 7 days **	Social mixing in the community ***	Having friends and family to the house	Use remote access to NHS and essential services ****	Vary daily commute and less public transport	Home working
0-69 years	Yes	Yes	Yes	Advised against	Advised against	Advised	Advised	Advised
70+ years	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Any age member of vulnerable group with an underlying health condition (such as anyone instructed to get a flu jab each year)	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Pregnant women	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Those with serious underlying health conditions	As above, but further bespoke guidance will follow.							

Table source: Summary of advice -

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

Social distancing: what does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. If you have to come into contact with people maintain a distance of at least two metres from each other.

Avoid (red)	Use caution (orange)	Safe to do (green)
Group gatherings Visits to bars/restaurants Sleepovers Playdates Visiting the elderly with children Crowded retail stores Gyms Visitors to the home Non-essential workers in the home Non-essential travel	Visits to uncrowded supermarkets Visits to an uncrowded pharmacy Essential travel	Go for a walk (keeping a safe distance from others) Go jogging (keeping a safe distance from others) Cycling Working in the home DIY in and around the home Reading Playing at home Video calls Phone calls Home cooking and meals at home Check on friends and family safely by telephone or the internet

