Coronavirus COVID-19



Social Distancing Outside

Spending time outdoors is good for our health.

But social responsibility is essential for

ALL our health.



Avoid close contact with others



Distanceyourself at least
2 metres (6 feet) away
from other people



Small group sizes should be kept to a minimum



Don't arrange to meet up with other groups



Avoid
an area if it looks
very busy and go
somewhere else
for your walk

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