

What Is Social Distancing?



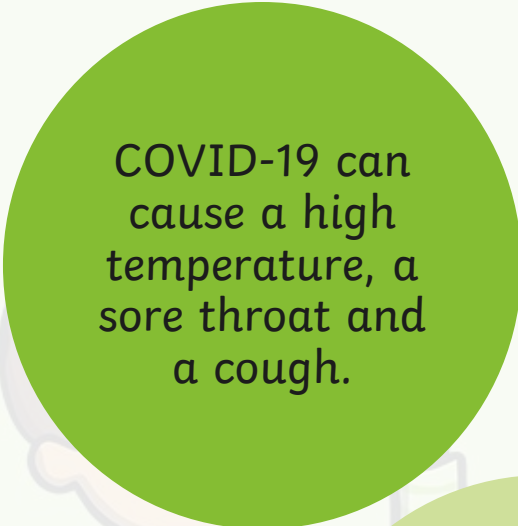
How Does COVID-19 Spread?

When someone with COVID-19 coughs or sneezes, the virus can get into the air and onto surfaces beside them. If other people touch these surfaces, the virus can be on their hands. When they touch their face with their hands or eat without washing their hands, the virus can get inside their body and make them unwell.

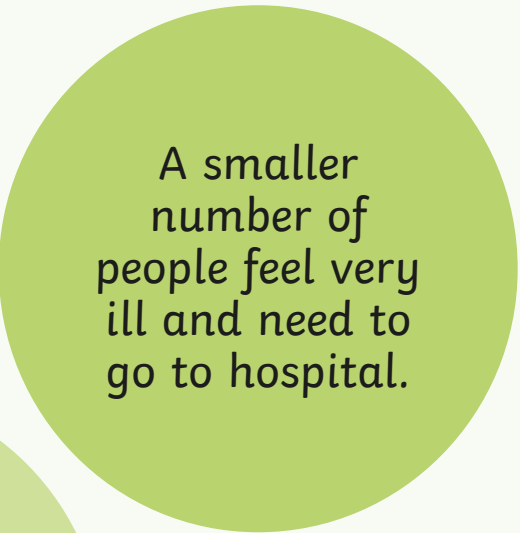
If a person is close to someone with COVID-19 who coughs or sneezes, they could breathe in the virus.




How Does COVID-19 Make People Feel?



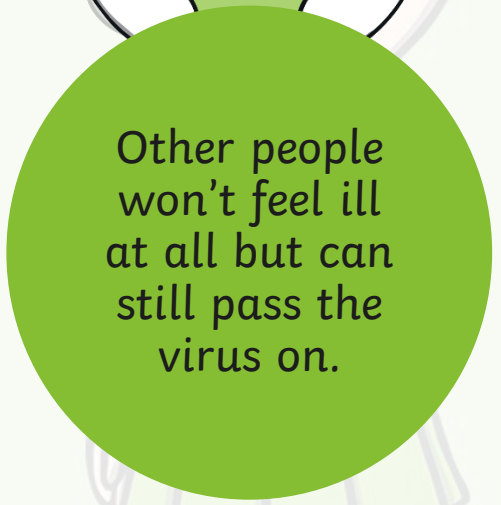
COVID-19 can cause a high temperature, a sore throat and a cough.



A smaller number of people feel very ill and need to go to hospital.



Most people feel unwell for a few days and get better at home with lots of rest.



Other people won't feel ill at all but can still pass the virus on.



How Can We Stop the Virus From Spreading?

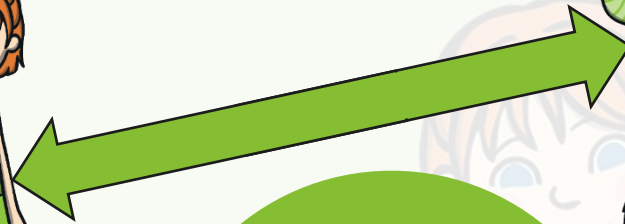
We can all help to stop the virus from spreading by:

Socially
distancing

Staying at
home if we
have a high
temperature,
a sore throat
or a cough



Washing our
hands



Washing Our Hands

We should wash our hands for at least 20 seconds lots of times every day using soap and warm water. It is especially important to wash our hands at these times:

When we come into our houses from being outside



Before we eat


When we go in and out of a building, such as breaktime and lunchtime.

After we go to the toilet




Feeling Ill


The main symptoms of COVID-19 are:



A high
temperature



A sore
throat



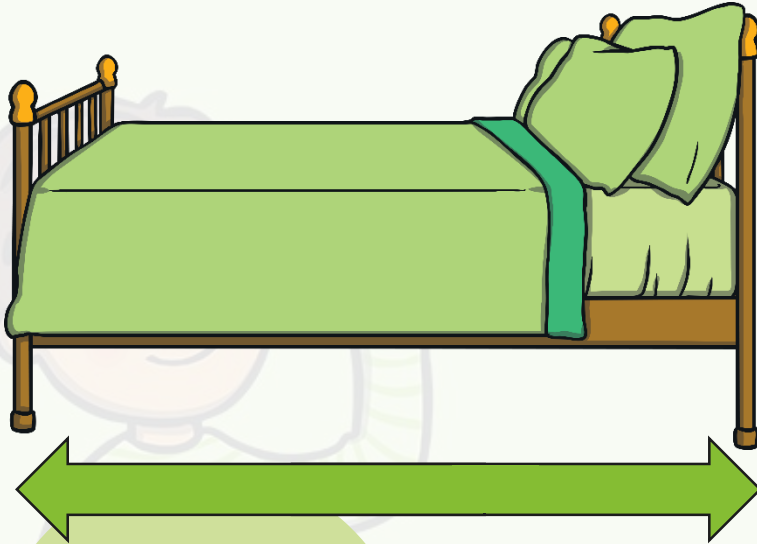
A cough



If anyone in this room gets any of these symptoms or someone in our house does, you need to let an adult know immediately and you must stay at home.

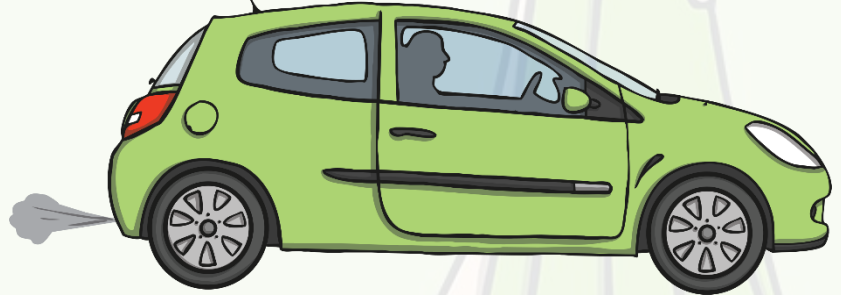
Normal Social Distancing

Socially distancing means staying at least **two metres** apart from people that we do not live with.



Two metres
is about the
same length
as a bed.

Or as long
as a car.



School Socially Distancing

Socially distancing at school is going to be really tough, but we must try our best. This means -

We must not go in any other room other than your classroom

Try to avoid touching the railings or the bannisters around the school.

We must ensure no one else is using the toilet from either of the classes.

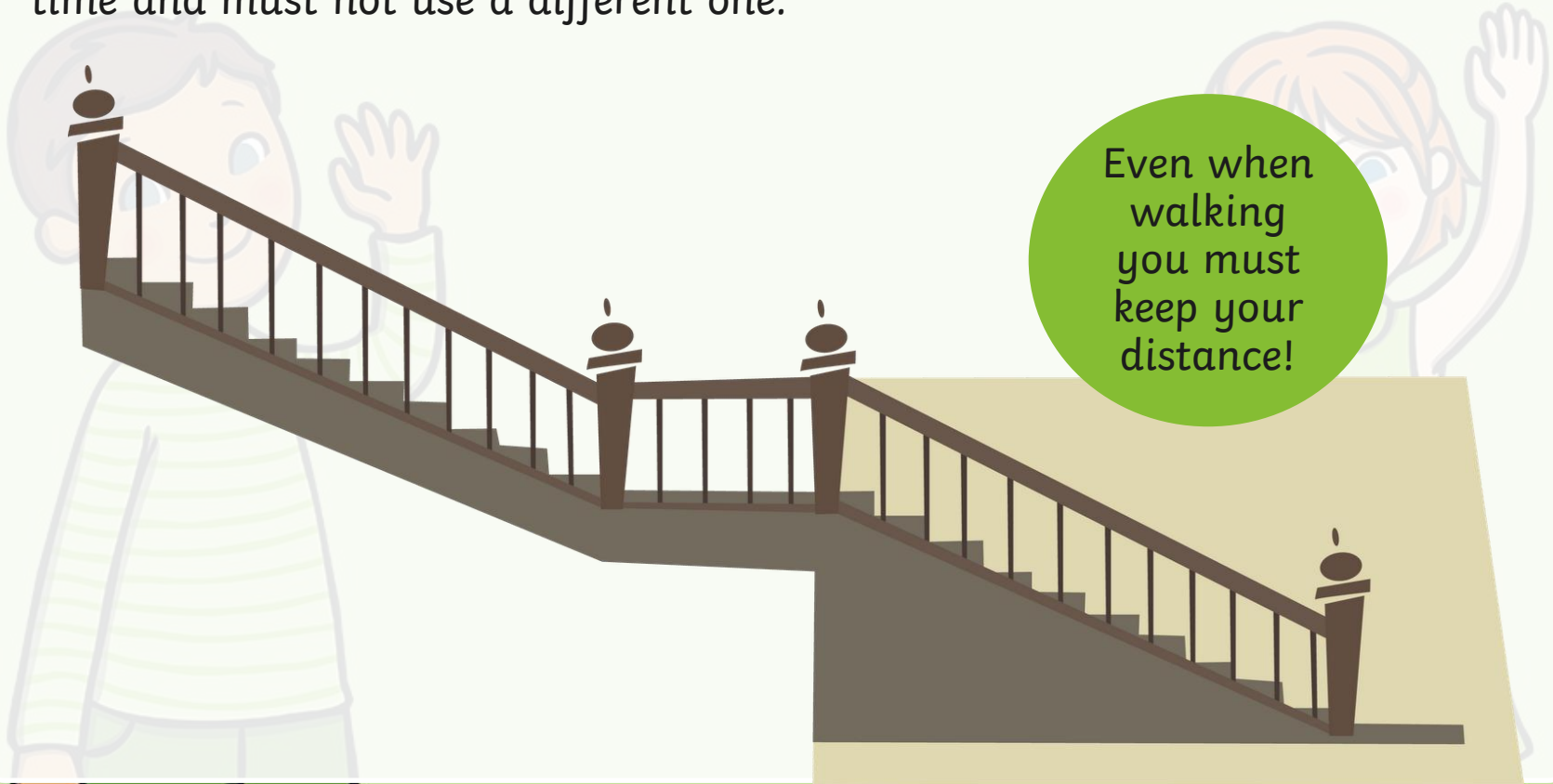
We cannot walk home with someone we do not share a house with.

We can't all have our lunch or breaktimes together

Nothing, apart from a water bottle or your packed lunch can be brought in from home.

Different Entrances

Socially distancing at school means that we all have to use different entrances and exits. Your teacher will explain which entrance and stairway is applicable to your class. You must use this staircase every time and must not use a different one.

An illustration of a brown staircase with a wooden railing and dark brown balusters. The staircase has a landing in the middle. In the background, two cartoon children are visible: a girl with grey hair on the left and a girl with orange hair on the right, both with their hands raised. A green circular speech bubble is positioned in the middle of the staircase.

Even when walking you must keep your distance!

Break time & Lunchtime

Both of the breaks throughout the day will look entirely different -

| Class | Where |
|-------|-------------------|
| 6W | Mugga |
| 6P | Top playground |
| 6S | Bottom playground |
| 6F | Field/Quiet Area |

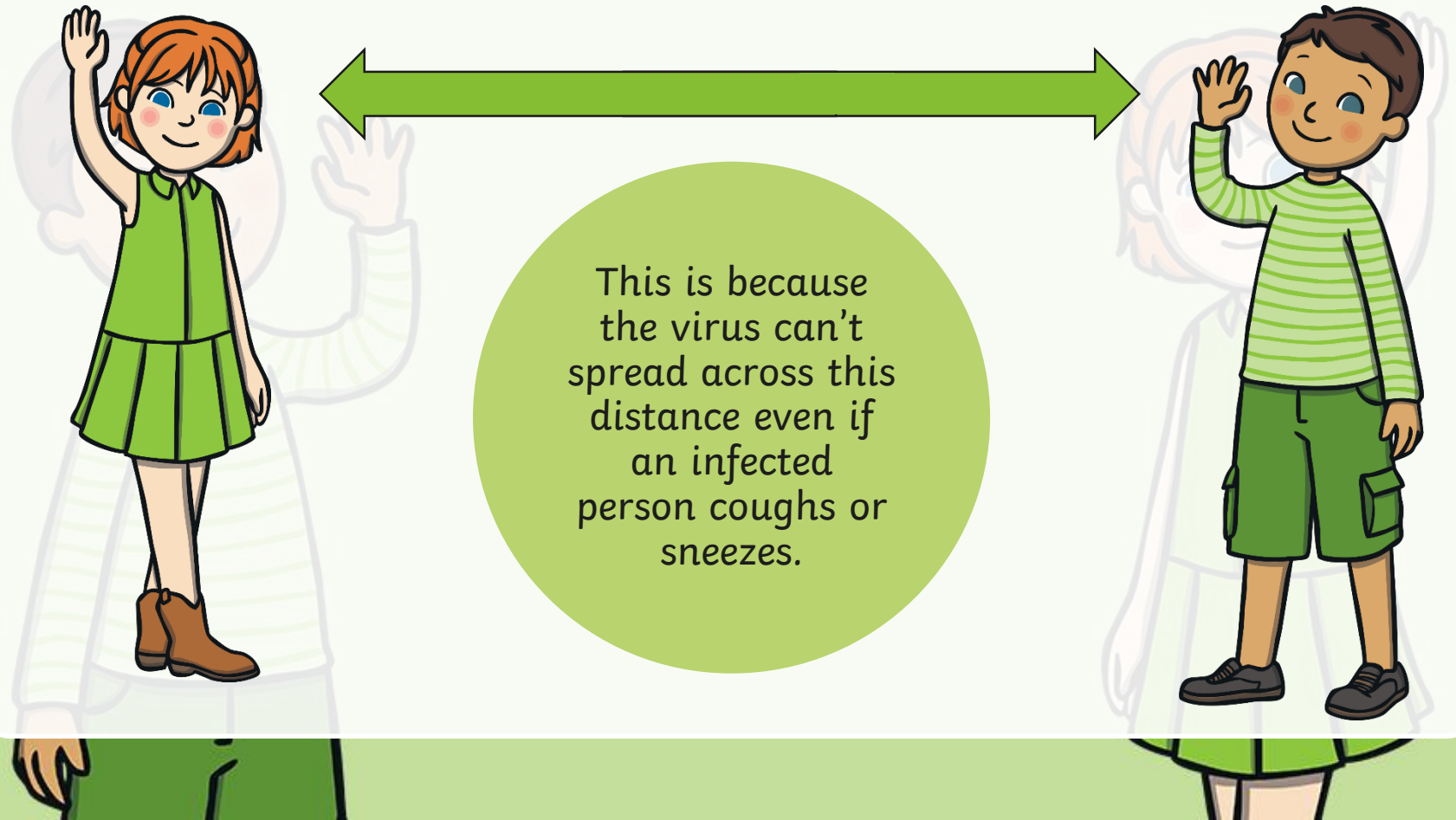
Break time –
From 10:15
to 10:30

Lunchtime –
From 12:00
to 12:30

You will have lunch in your classroom and when you have all finished you will head out for lunch.

School Social Distancing

If you see a child or a member of staff from outside this room you must still keep at least two metres away, this will help to stop COVID-19 from spreading.



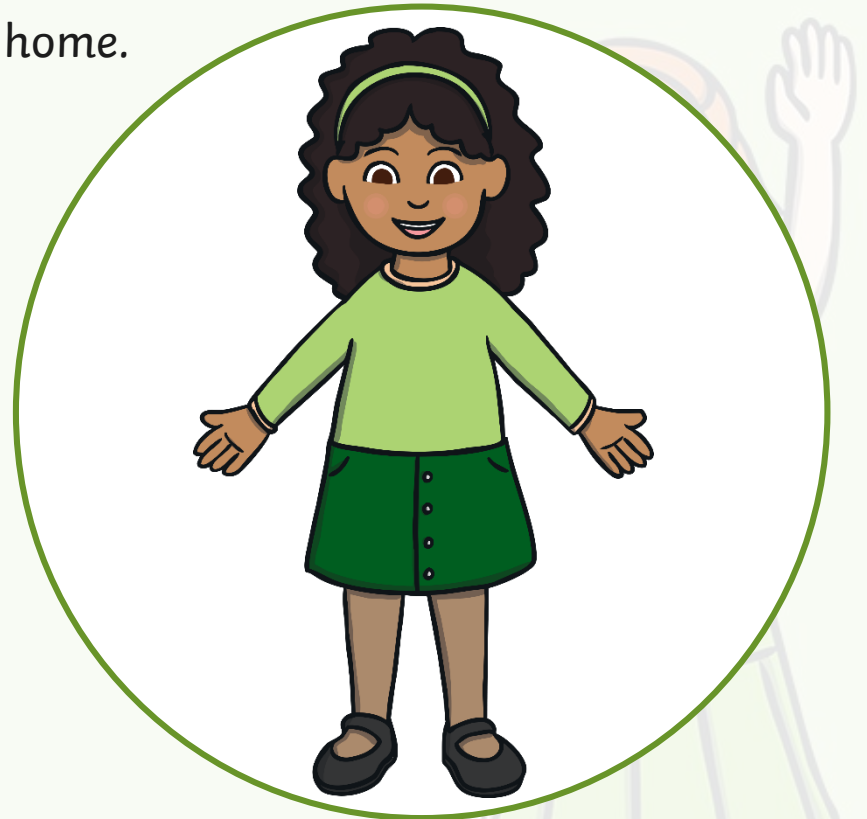
This is because
the virus can't
spread across this
distance even if
an infected
person coughs or
sneezes.

Socially Distancing

It can feel strange to stay two metres apart from friends that we know really well. However, it's really important to do this to stop COVID-19 from spreading and making lots of people unwell.

This includes when you are walking home.

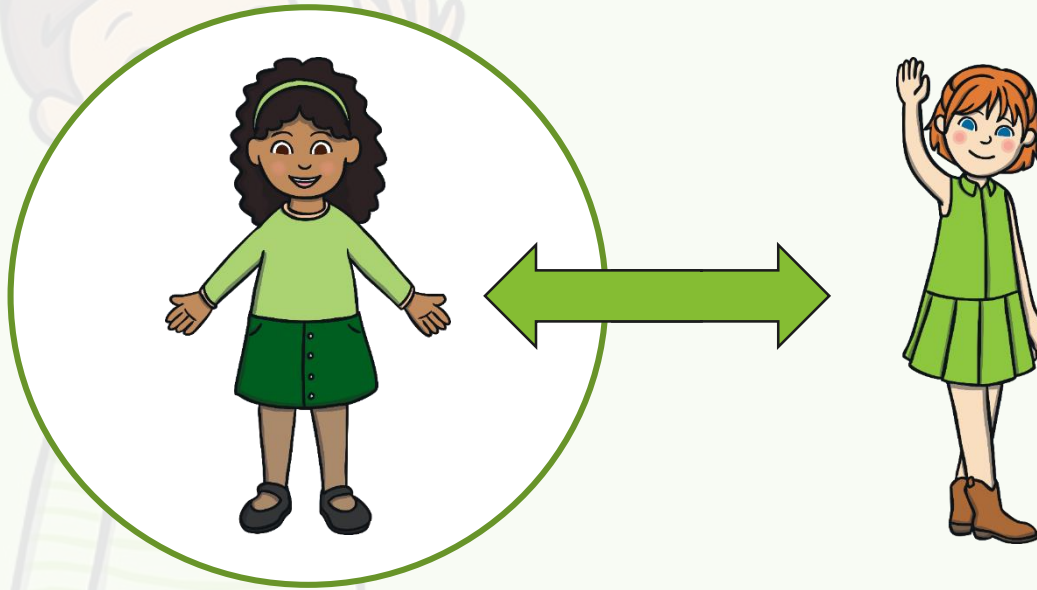
Try to imagine that you are inside a two metre wide bubble when you are out of your house. Don't let anyone burst your bubble! This will keep everyone safe.



Task

So what are we going to do then?

Your task is to try and think of games you could invent during your breaktime and lunchtime that ensure you still keep to the social distancing rules.



Remember
to keep
your
bubble
protected!