# Eoin McLaughlin 🩷 Polly Dunbar

# While We Can't Hug

# How Can We Stop the Virus From Spreading?

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

Socially distancing

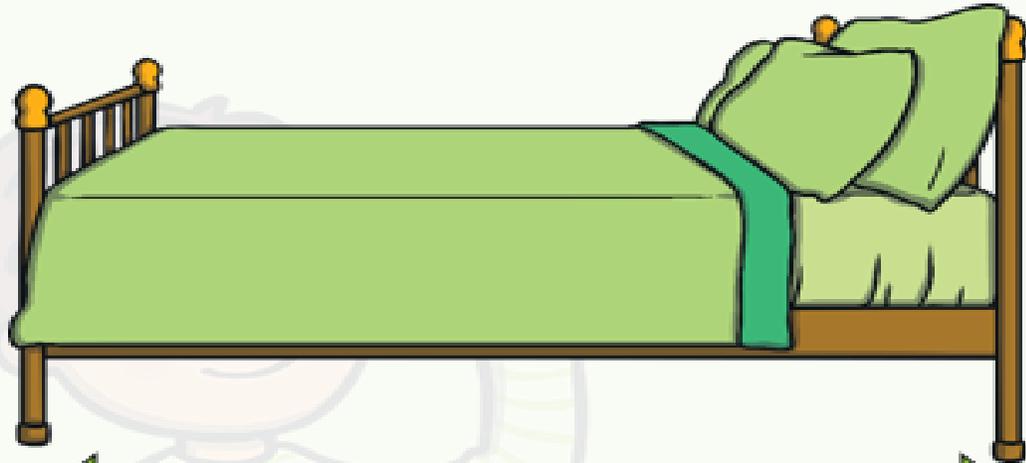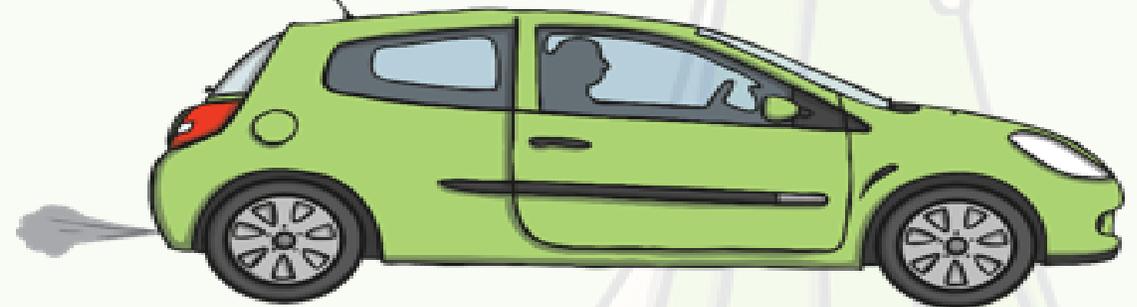Staying at home if we have a high temperature, a sore throat or a cough

Washing our hands

# Socially Distancing

Socially distancing means staying at least **two** **metres** apart from people that we do not live with.
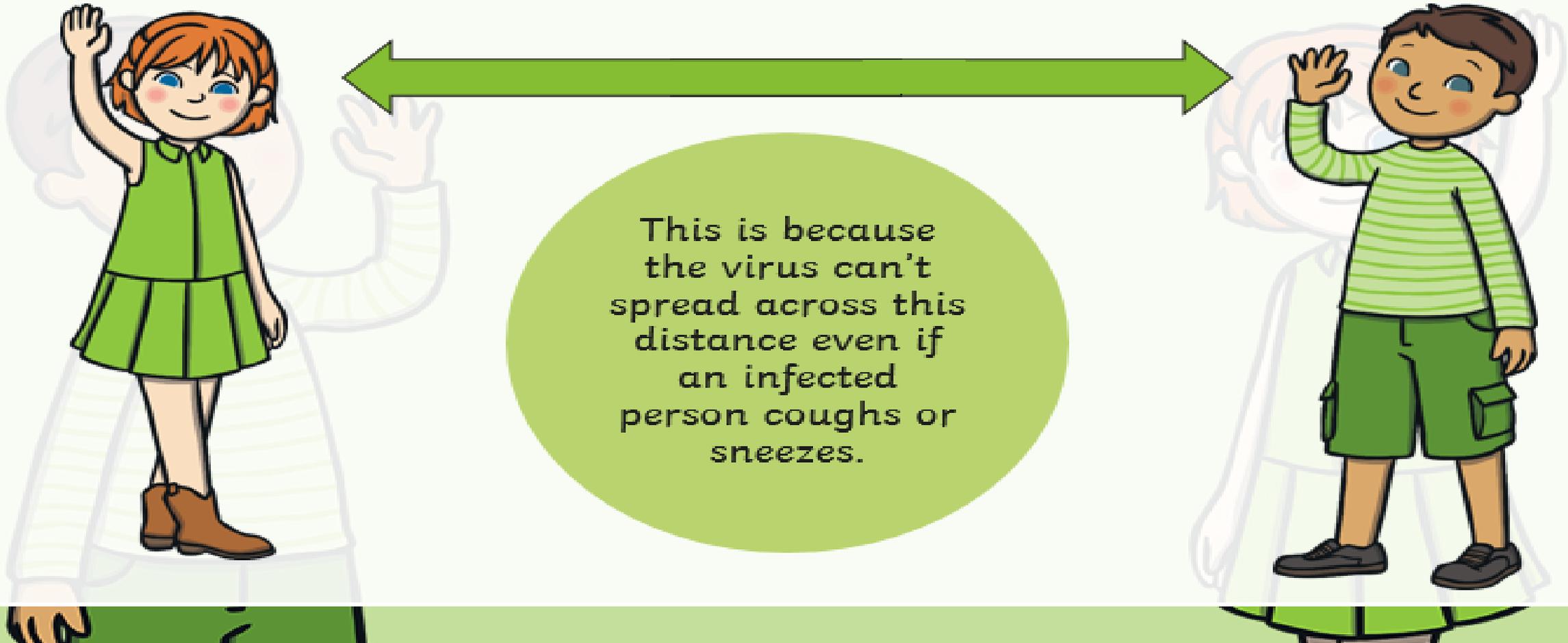
Two metres is about the same length as a bed.

Or as long as a car.

# Socially Distancing

Keeping at least two metres away from people we do not live with 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 family and 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.

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.

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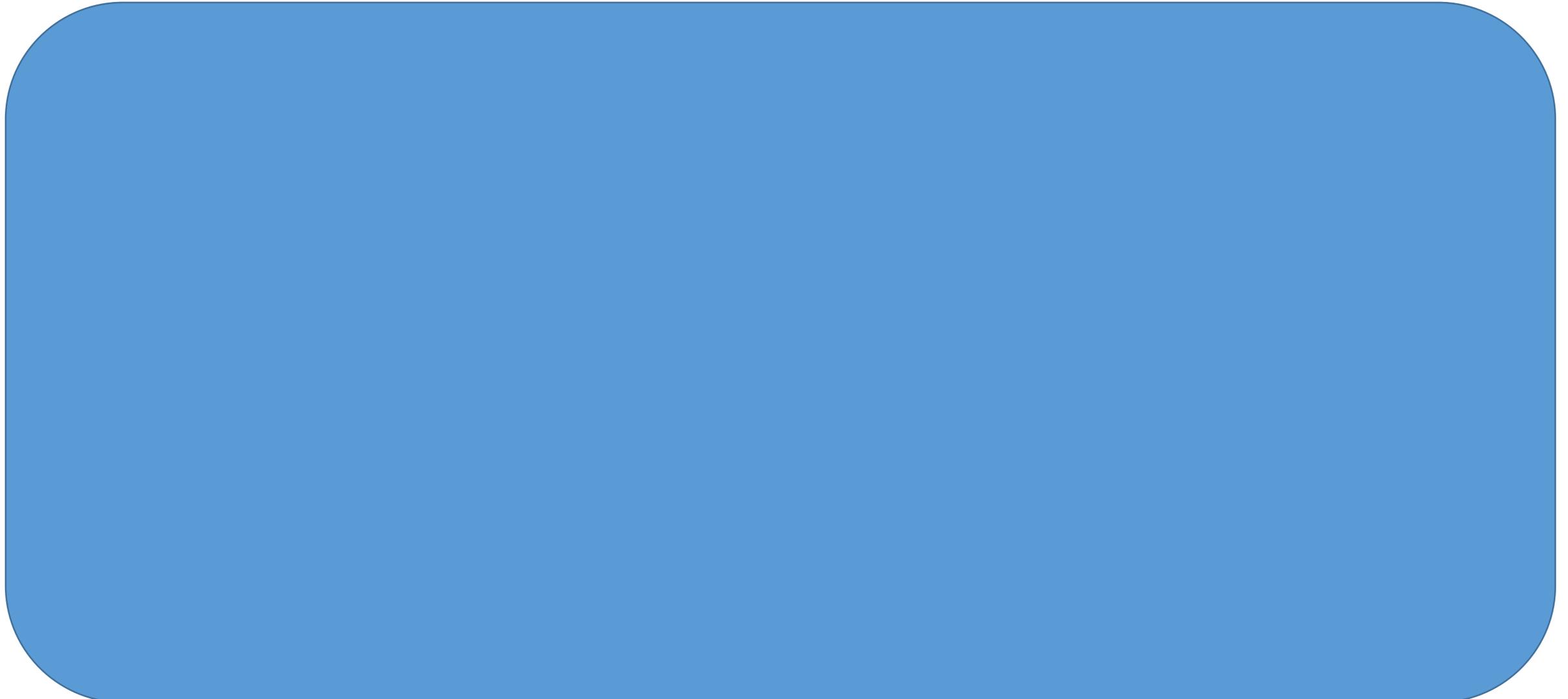
While We Can't Hug
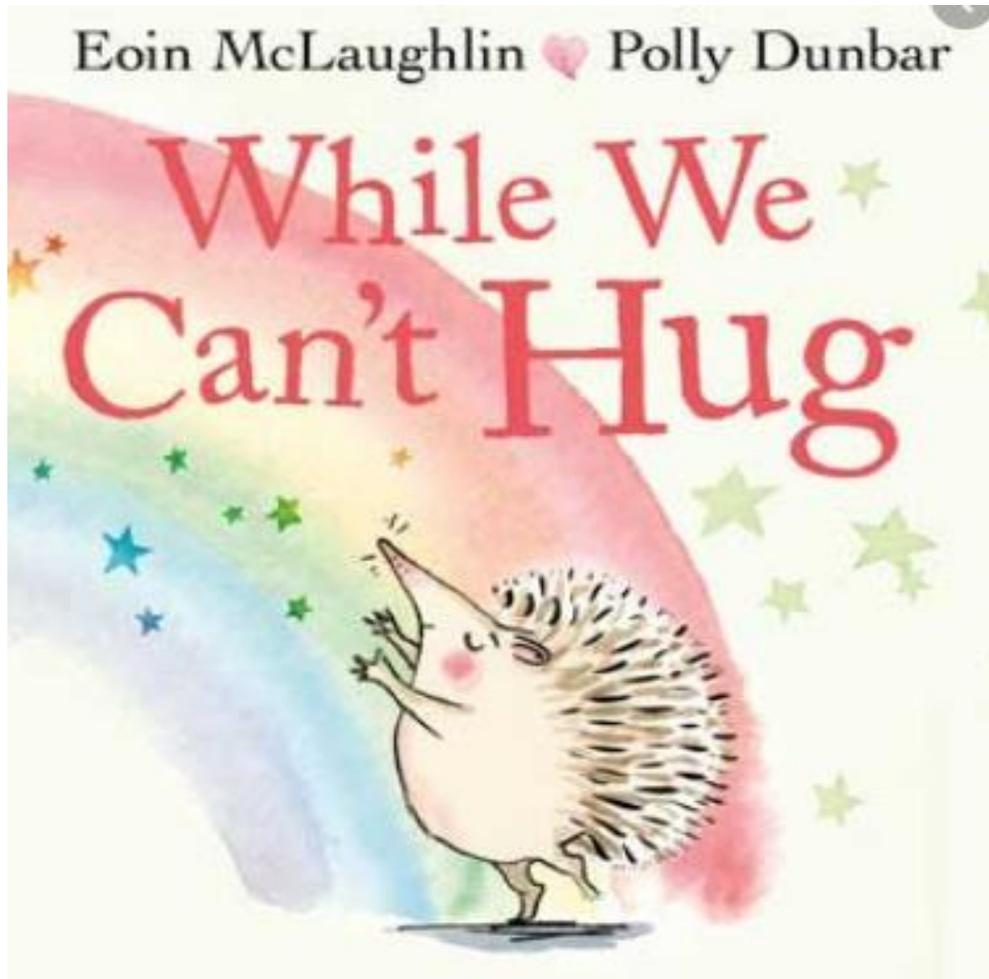
- Things might be different at the moment but it won't be like this forever.

- What can we do to show our friends and family we care?

- Lets make a list of things we can do….

Make a poster of things we can do- wave, thumbs up, air high fives, smile, talk……

# Now lets make a 3 wishes- what will you do once social distancing stops?