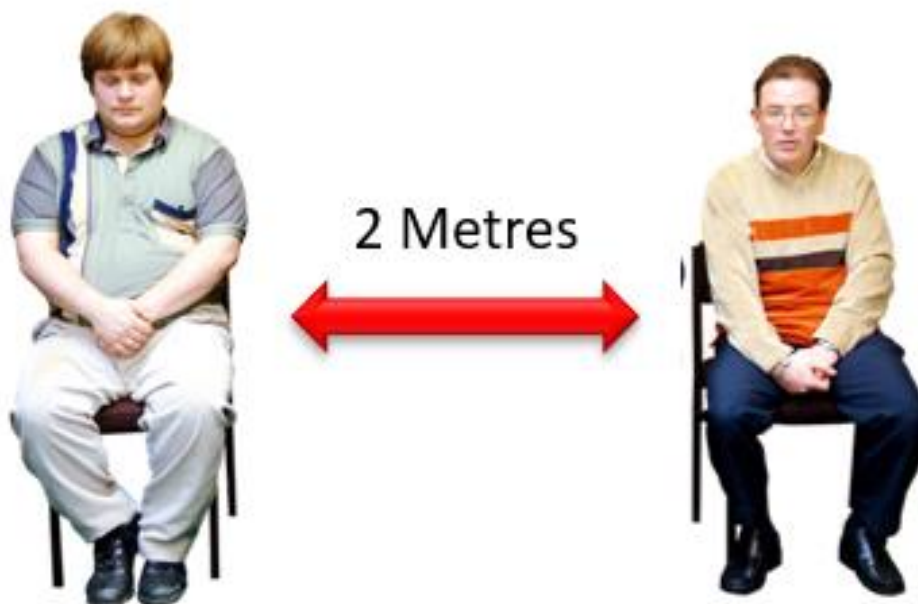




**Down's Syndrome
Association**

A Registered Charity No. 1061474



Social Distancing

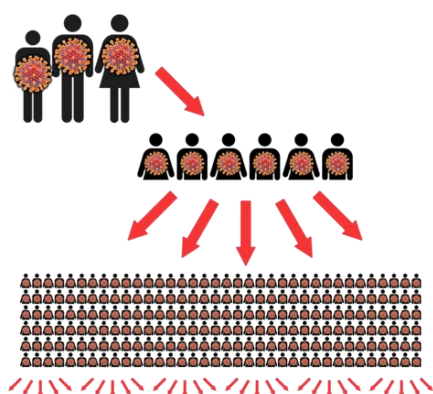
Easy Read

A Down's Syndrome Association publication

What's Happening?



People are getting sick because of a virus called, coronavirus or COVID-19.



Coronavirus or COVID-19 moves from one person to another.



To stay safe.

The Government are asking us to change the way we live for a while.



This is called **Social Distancing**.

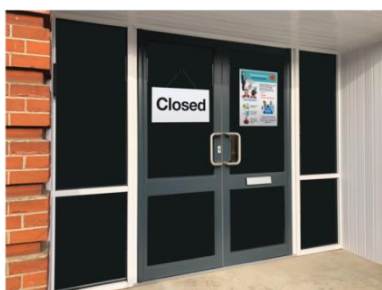
This means seeing less people.

And **staying at home**.

What's Happening?



By **seeing less people**, and **staying at home** you are not likely to get sick.



Some things are closing:

- Schools
- Colleges
- Day-services
- Pubs and restaurants
- Churches
- Mosques



These changes won't be forever.

And things will get better.



Everyone needs to follow advice from the Government.

What is Social Distancing?



Staying at home most of the time.



Not going out to meet your friends at clubs and activities.



Not touching people. Like, handshakes, hugs and kisses.



Only going out for important things like:

- Exercise
- Shopping

What about going out?



You can on only go out 1 time a day.



- You can exercise.
- You can shop for important things.
- You can go to the Doctors or Pharmacy.



You can only be with 1 other person.



The police may speak to you and ask what you are doing.

Stay calm, they are just checking people are safe.

Shopping



If you can. Do your shopping online.



The supermarket will bring food to your house.



Don't worry. Food is not going to run out

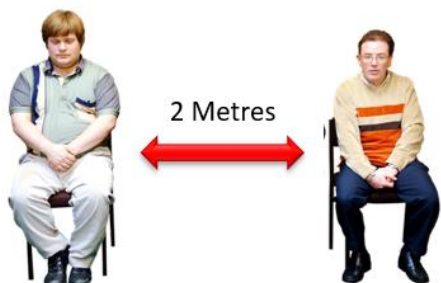


If you find this difficult.

Ask you family, support or friends to help.

If they can't help, look for a local
community delivery service,

When you do go out



Keep a distance from others.

Around 2 metres.



Stay away from crowds.



Don't go near sick people.



Plan your route first.

Why?



This can all feel confusing.

And sometimes unfair.



But remember, **social distancing** will help:

- So you don't get sick.
- So your friends and family don't get sick.



The rules are the same for everyone.



We all need to help by **social distancing**.

Staying happy and healthy at home.



It is very important we look after our health at home.



Make a daily plan of activities.



Keep moving and do exercise.



Eat Healthy Food.

Staying happy and healthy at home.



Play games.



Talk to people online.



Talk to people on the phone.



If you have a garden, go outside.

Staying active.



Clean your house every day.



Do some gardening.



You can still go for walks.



DSActive have lots of help to stay active at home.

www.downs-syndrome.org.uk/coronavirus-covid-19/keeping-fit-and-healthy-at-home/

Remember.



This is not forever.



We need to look after ourselves and other people.



Keep in contact with us on social media.

A lot of people use our Facebook Groups.
Please ask to join one.



Keep checking our website for updates.

www.downs-syndrome.org.uk/

Get in touch



Down's Syndrome Association

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The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

Contact us

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www.dsactive.org



www.dsworkfit.org.uk



**LANGDON DOWN
MUSEUM OF
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www.langdondowncentre.org.uk

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