

World Health Organisation (WHO) Recommendations March 2020

The government has told us that because of Coronavirus we are not able to do activities where there will be lots of people. This is called social distancing. **We can't do things like:**

Going to church/place of worship



Going to a concert or match



Going to a busy pub or café



Going to a busy shop or shopping centre



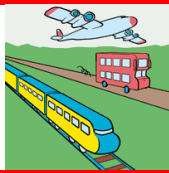
Going to the cinema



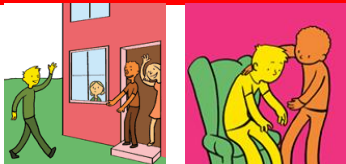
Going to a big party or a wedding



They have also said:



We should not use public transport unless we need to



We should not have visitors to our house unless they are there to help us



We should not have visitors at our work unless they really need to be there

But.... there are still some things **we can do, if we are careful:**

Be with our Family



Use Private Transport



Use Patient Transport



Go Shopping Somewhere Quiet



Order/Pick Up Medicines Safely



Play outside with family and known friends



And there are some things that are safe for us to do:

Take a walk in an open park



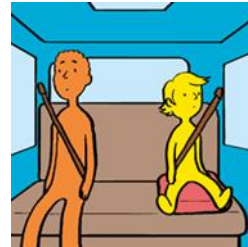
Cycling



Spend time in your garden



Go for a family drive



Reading



Listen to music



Play games



Watch TV or a Movie



Cook/eat at home



If you know how to do a Talking Mat it might help to use these pictures to talk about how you/other people are feeling.

And Remember:

Wash your hands frequently with soap and water



It is best to do things online or on the phone wherever you can



For more information about Talking Mats please visit
www.talkingmats.com

The Symbols are designed and © to Adam Murphy 2020 and assigned to Talking Mats Ltd. in perpetuity. They may not be reproduced without permission.