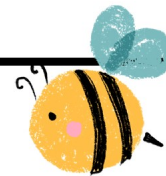


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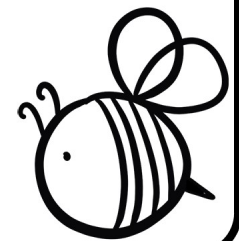
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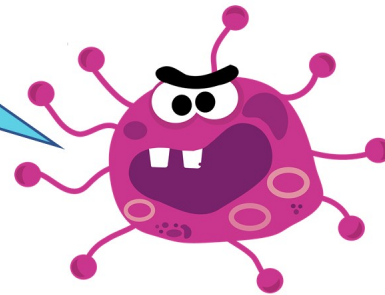
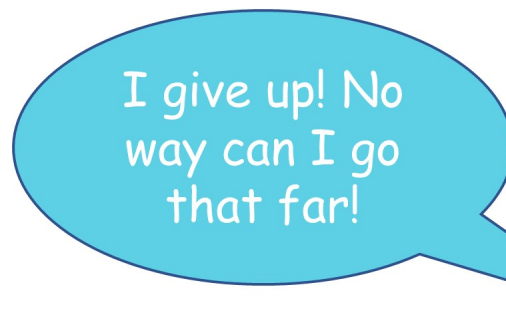
Social Contact

by

Elsa-Support

Schools are closed and we have been told to self isolate and avoid social contact. Social contact is when you get close to someone. The Coronavirus can spread from one person to another person if you get close to someone who has the virus.

It is important to avoid social contact with other people at the moment. We can still be with our families in our home and get close to them. It is best at the moment that we keep about 2 metres (3 big steps) away from someone to stop that virus!



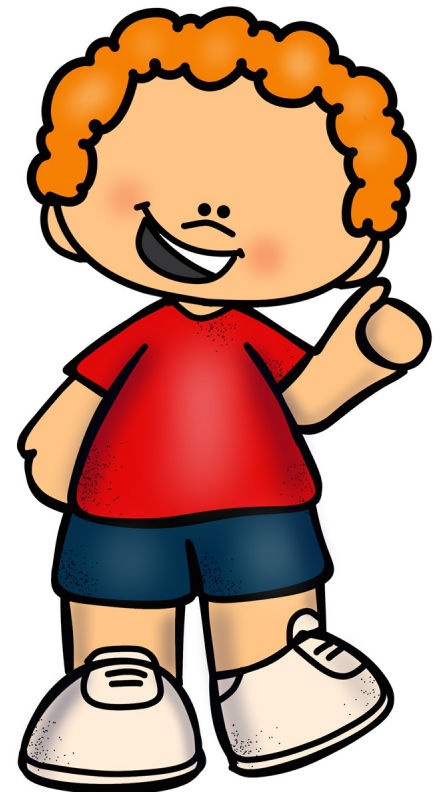
Kids are probably wondering if it is ok to go outside. You can't go and play in the street right now. You can't go to the park and mix with other kids right now but you **CAN** go outside for walks and into your garden or yard.

We need fresh air and we need exercise and **MOST** importantly we need Vitamin D.

Vitamin D is a special vitamin that our bodies need to stay healthy. It mainly comes from the sunshine. Having enough vitamin D in our bodies helps us fight viruses and helps to give us a strong immune system.



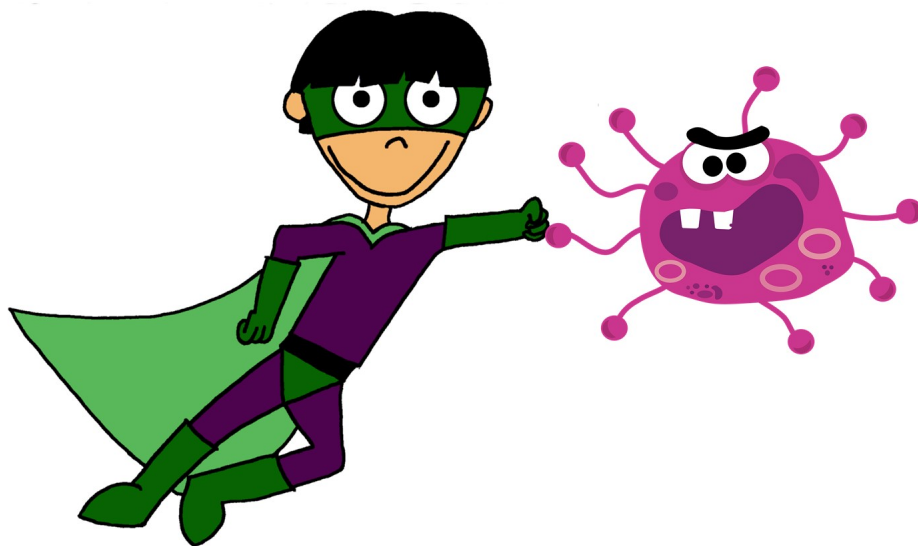
Remember we are superheroes and we need to fight this virus.
Going outside into the garden or yard and getting vitamin D from the sunshine
is really important right now. Remember you catch Coronavirus from people not
from gardens



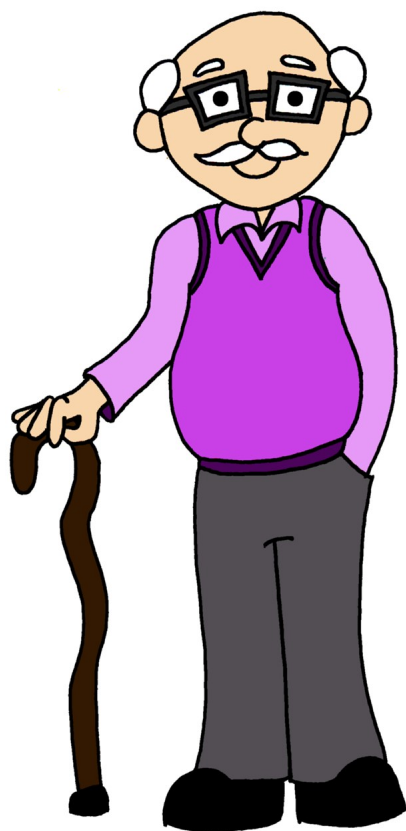
To stay safe we need to:

- ☐ Keep a distance of about 2 metres (3 big steps) from other people.
- ☐ Go into our gardens or yards and get some sunshine and fresh air
- ☐ Keep washing our hands when we have been outside, after we have been to the toilet and before we touch food.

If we do catch it we will be ok. We have strong and healthy bodies and are superheroes. Our immune system will just fight it off. We might not even know we have had it. The very important government are saying that some kids are getting this virus and not showing any symptoms at all. They aren't even ill!



The most important thing at the moment is stopping our older people such as grandmas and grandads getting this virus. Also stopping people who have conditions such as diabetes or heart problems from getting this virus because their immune systems aren't as strong as ours.



So be a superhero and fight this virus.

You can do this by staying strong and healthy.

You need to get outside in the garden or yard for exercise and for that very important Vitamin D from the sunshine.

