

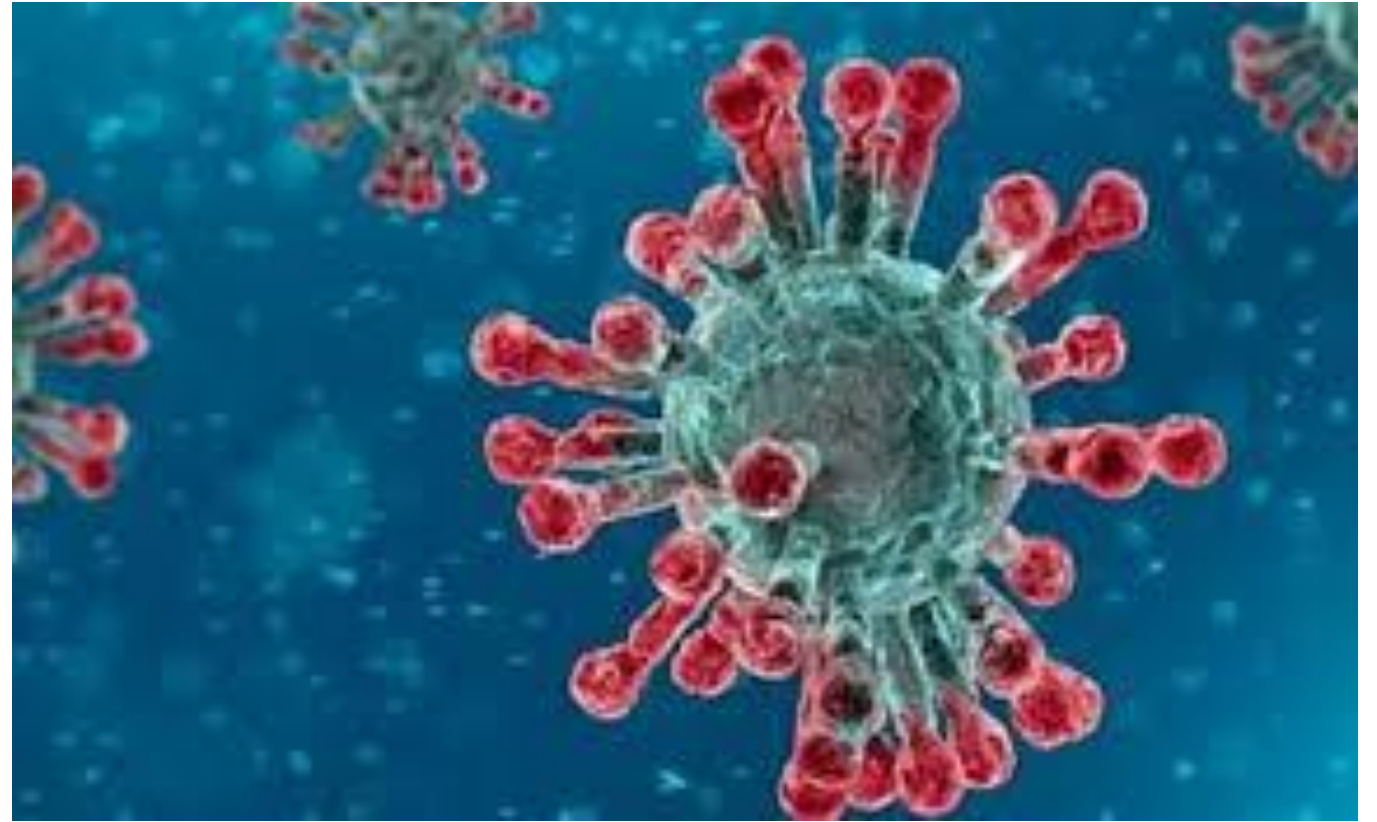


Coronavirus

Going outside safely and
keeping active indoors

There has been a lot of information in the news about a virus called coronavirus.

Viruses are small and you can't see them.



To stop
coronavirus
spreading people
are being asked to
stay at home as
much as possible.



Schools, libraries, and play parks are closed because they are busy places. If lots of people are together it makes it easier for the virus to spread.



Even though we have to stay at home as much as possible it is really important that we go outside for fresh air and exercise to help us keep healthy.



You can still play in the garden if you have one.

Think about different things you can do in your garden.

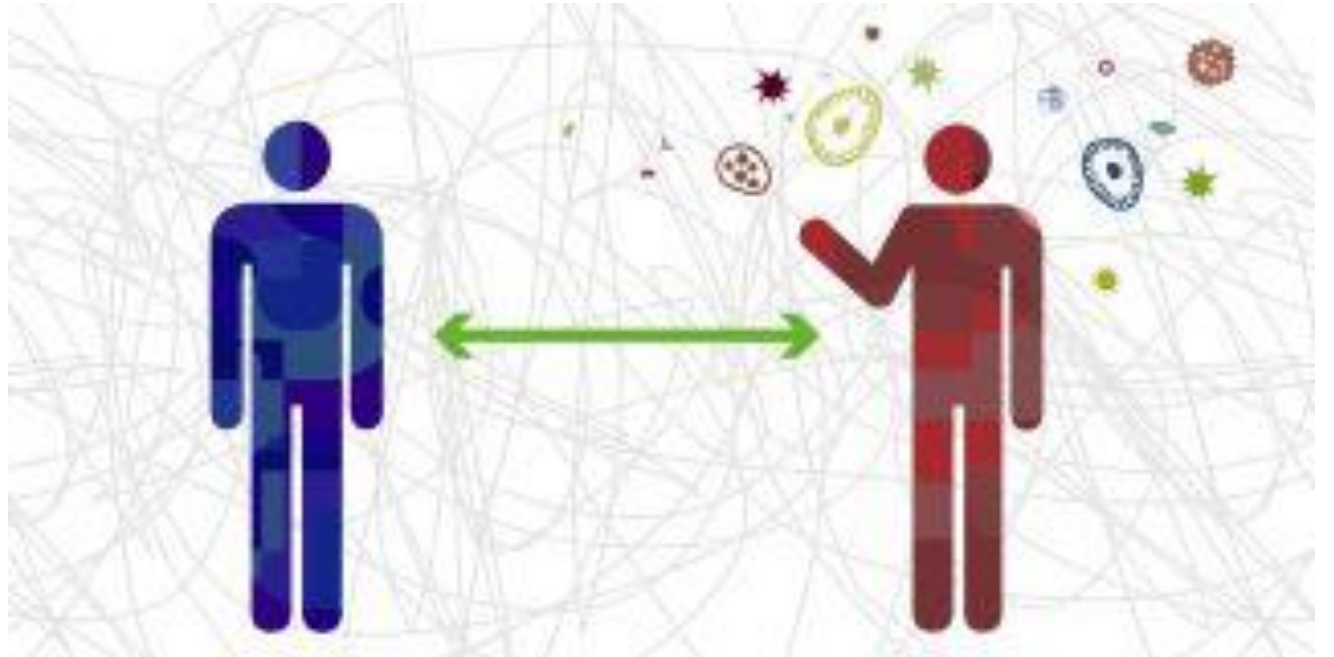


You can also go out once a day to exercise. This could be for a local walk, run, or bike ride.



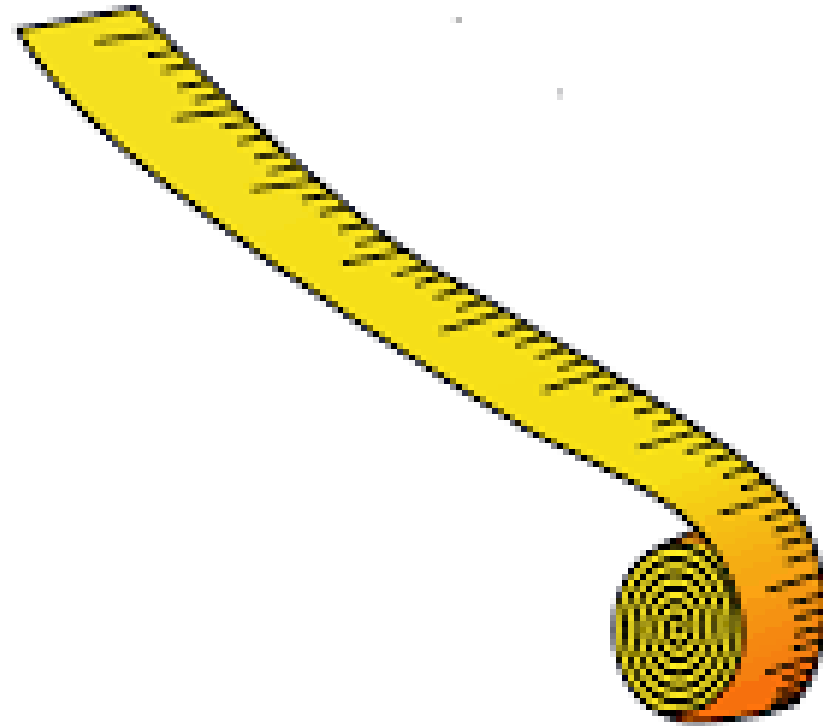
When you go outside you need to stay more than 2 metres from people who don't live in your house.

Think about places where you might be able to do this.



Do you know
how far 2
metres is?

You can try
measuring the
distance at
home.



If are worried about going outside you could try going early in the morning or later in the evening. Is there a route with fewer people?



Remember to
wash your hands
when you get
home!



Think of different ways that you can be active indoors too. Write down 4 of your favourite indoor exercises here.



If you and your family need to self isolate, you can still get fresh air by opening your window, using a fan, and going into your garden.

