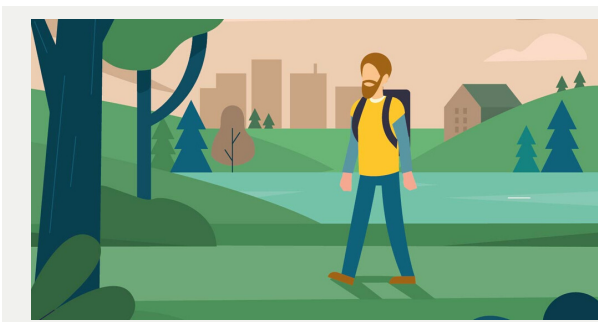
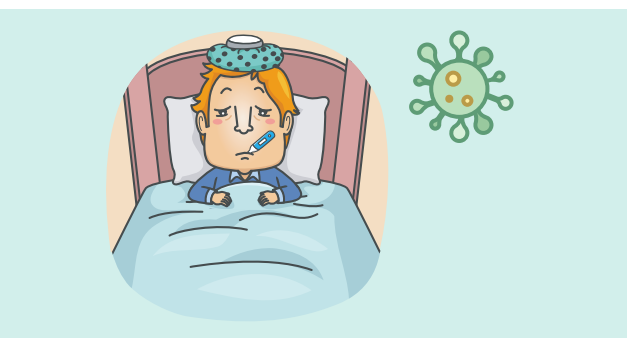


Walking during periods of social distancing



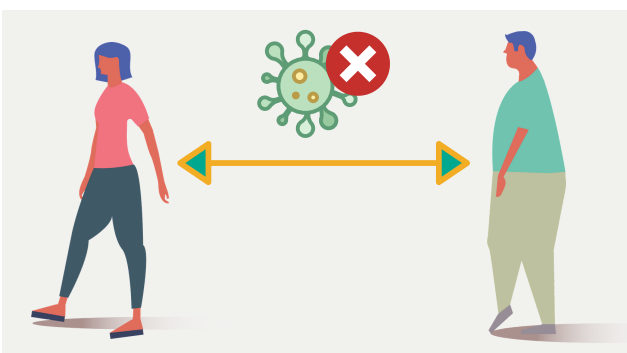
What is this easy read about?

This easy read is about how to stay safe and have fun when you go out for a walk.



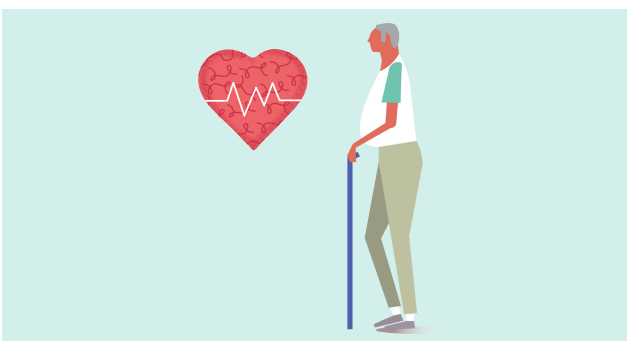
What is Coronavirus?

Coronavirus is the illness caused by a virus.



Why should we be social distancing?

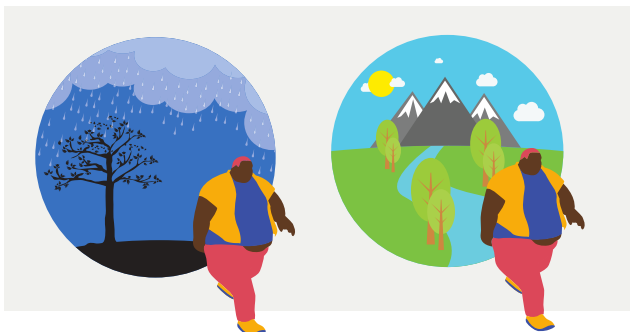
Social distancing helps stop the spread of Coronavirus.



Why should I walk?

Walking is a good way to look after your health.

What are the rules about walking?



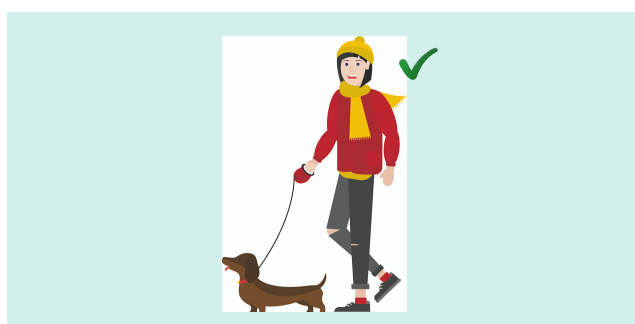
You can go outside for a walk as many times as you like.



Start the walk from where you live.



You can walk alone or with people who live in the same house as you.

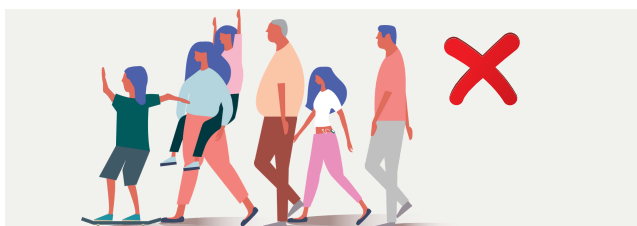


You can walk your dog.

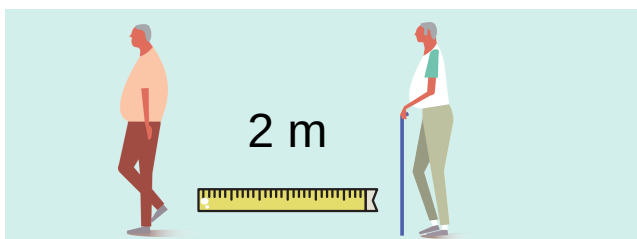


You can walk to the shops.

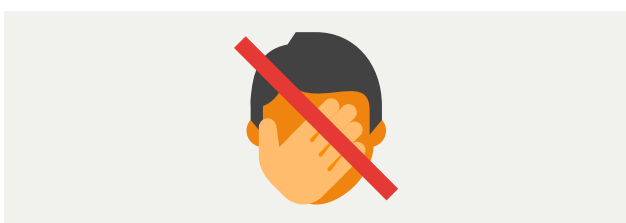
How to stay safe during a walk



Avoid crowds of people.



Stay at least 2 meters away from other people.



Do not touch your face or mouth with your bare hands.



Cover your nose and mouth when you cough or sneeze.



Put used tissues in a bin.



Try not to touch gates, handrails or public benches.



Wash your hands as soon as you get home.

Where you can walk



Near your home



On grass



On paths



On street-side pavements

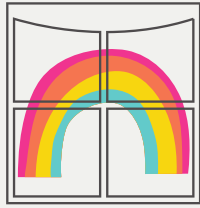


In a park



In woodland

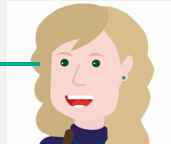
Fun things to do on a walk



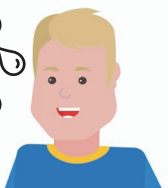
Look out for pictures of rainbows in windows.



Listen to the wind, leaves rustling, bird song, water moving or animal sounds.



Watch birds, animals or insects.



Feel the wind, sun or rain on your skin.



Smell the flowers



Take photos of the things you see