

YOU HAVE THE POWER

to help prevent
coronavirus by
social distancing



Social distancing is one of the most effective ways to reduce the rate of infection, the impact of the virus and demand on our health services.

EVERYONE HAS A PART TO PLAY.

What is social distancing?

Social distancing means limiting contact with people outside of your home unless absolutely essential. To flatten the curve, we need everyone in Jersey to practise social distancing. While you are social distancing, you can still go outside to parks and the beach, play sports like tennis, walk your dog, and go cycling around the Island, as long as you are keeping a distance of 1 metre (3 feet) from others. During this time, you should

be either working from home if you can or spending time doing the things you enjoy. By keeping a distance from others, and being especially cautious around contact with over 65s, we can help save lives.

DO:

- ✓ stay home as much as possible
- ✓ keep a distance of 1 metre (3 feet) from any person who isn't in your household
- ✓ avoid public transport at peak hours unless it's essential
- ✓ work from home if possible
- ✓ for those who choose to continue their current roles in the community, practice good hand and respiratory hygiene. This means cleaning surfaces regularly and avoiding touching your eyes, nose or mouth if your hands are not clean.

DON'T:

- ✗ kiss, shake hands or hug people from outside of your household
- ✗ have close contact with children and grandchildren if you're a vulnerable adult
- ✗ visit other households unless essential and ensure that they are not displaying symptoms
- ✗ have social gatherings in your home
- ✗ attend sports and other organised activities or large social gatherings with close proximity.

You can do these things while social distancing:

We understand that social distancing will have a big impact on everyone's daily routines. You may find your mood and feelings are affected and you may feel low or worried, have problems sleeping and you might miss being around other people. There are simple things you can do that may help, to stay mentally and physically active during this time, such as:

- take a walk in the fresh air, ensuring you stay 1 metre (3 feet) away from other people
- do your gardening
- keep in touch with your family and friends via phone or Skype/ FaceTime

- stay healthy – prepare some well-balanced meals
- spend time doing things you enjoy – this might include reading, listening to/ watching your favourite radio or TV programmes, or other indoor hobbies
- access Jersey's Library's FREE online e-books, audio books, newspapers and magazines from gov.je/library. You can access using your smart phone, iPad or computer*
- use the opportunity to learn a new language or skill.

If you think you are suffering from symptoms of coronavirus, call the helpline on:

 **(01534) 445566**

Stay up-to-date with accurate advice and information:

gov.je/coronavirus

*If you haven't used the services before, registration using your Jersey Library Card is straight forward, but if you have any difficulties you can call: 448700 or email: je.library@gov.je for assistance.