

# Social distancing

*while outside*

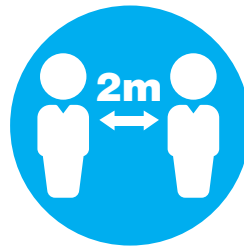
Exercise is good for your physical and mental health  
But, you **MUST** be responsible to protect all our health

While outside:



## **Avoid**

Close contact with others (handshakes, hugs, kisses etc)



## **Distance yourself**

Keep 2 metres (6 feet) away from other people



## **Keep to small groups**

Sizes should be kept to a minimum



## **Don't arrange**

to meet up with other people



## **Avoid busy areas**

Go somewhere else for your walk

For more advice on social distancing visit  
**[www.wychavon.gov.uk/coronavirus](http://www.wychavon.gov.uk/coronavirus)**

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