



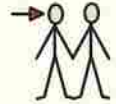
A story about going outside



At the moment the government is asking people to stay at home



this is because of a virus called Corona



The government has asked people only to go outside if they

have to do certain things like:-



Shopping for food getting medicines , checking on a vulnerable



person.



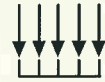
Getting some fresh air outside , exercising inside and



outside , walking or playing outside in the garden ,



walking the dog .



The government have issued some rules about doing all or

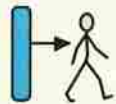


any of the above things.

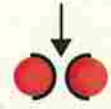
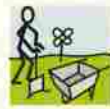
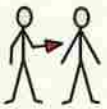


If you go outside you must make sure that you are

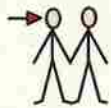
2



2 metres away from people not in your family.



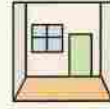
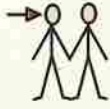
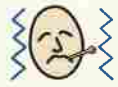
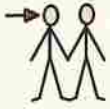
If you play outside in the garden it is OK to be near to



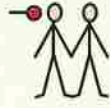
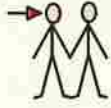
your family because they already live with you at



home .



If they have a cold they should be in a different room in the

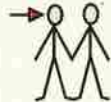


house so that they don't give their cold to you or

others.

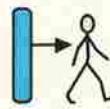
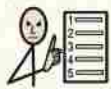


If you walk outside with your parent then it is OK to



hold hands with them to be safe; your parent will know

2


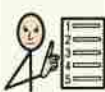








the 2 metre rules , to stay away from people that are not








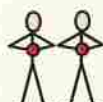






in your home .






      
When you return home you must wash your hands

 
thoroughly following the hand washing rules .

     
It is OK to go outside to get some fresh air and to

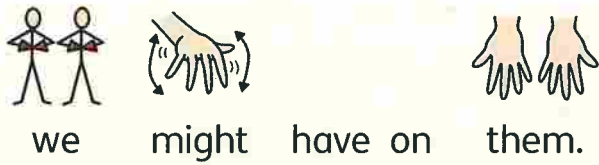
        
play and walk, this helps our minds and our bodies

  
to stay fit and healthy .

    
The government is advising us to wash our hands on returning

    
home or coming in from the garden . This is because we

     
need to wash off any dirt , or germs and virus that



we might have on them.



If you have a cough or sneeze then you can catch it in a



tissue , bin the tissue and wash your hands or use a sanitizer



if you haven't got a tissue then you can use the bend in



your arm to catch it in .



I will try to remember that I can go outside into the



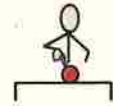
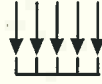
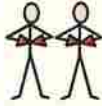
garden or go for a walk with my parent to get some



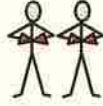
fresh air and exercise.



This is OK because we are all trying to do what the



government is asking us to do.



I will try to remember that if I go outside I will



wash my hands as soon as I come back in .



The end