



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 or



walking the dog .



The government have issued some rules about doing all or

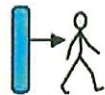


any of the above things.



If you go outside you must make sure that you are

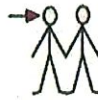
2



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  you  walk  outside  with  your  parent  then it is OK  to

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

 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 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