

26th March 2020

Daily News and Keeping Well Tips

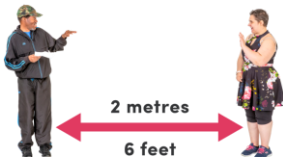


The Government and NHS are giving us information on the news everyday. We want to help you get the right information, so we will give you the big messages here.

Big messages today:

Continue to **Stay Home**. You should only go out:

- For essential food items
- Medical reasons, for example an appointment or to get medication
- To go to or from work
- To exercise, once a day



When outside stay at least 4 steps away from anyone else. This is called **social distancing**

The Government had 405,000 people volunteer to help the NHS. They will do things like deliver medication, transport people home from hospital and make phone calls to people.



They are also working on getting more people tested for the Coronavirus, starting with NHS workers.

Keeping well tip -

- Phone family and friends for a chat, FaceTime if you can
- Make sure you drink plenty water, it is easy to forget

