

# Social Distancing Outside

Spending time outdoors is good for our health. But social responsibility is essential for ALL our health.



## Avoid

close contact  
with others



## Distance

yourself at least  
2 metres (6 feet)  
away from other  
people



## Groups of no more than 2 people

are allowed unless from  
the same household



## Exercise once a day outside

Only leave your home to  
exercise once each day



## Avoid

an area if it looks  
very busy and go  
somewhere else  
for your walk

For more information:

[www.warwickshire.gov.uk/coronavirus](http://www.warwickshire.gov.uk/coronavirus)