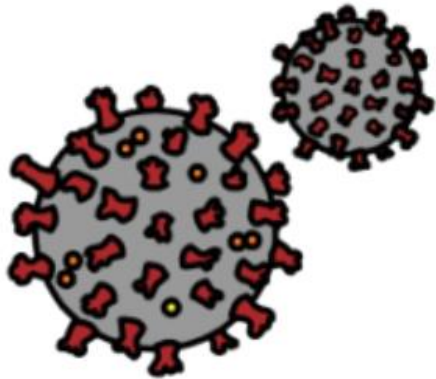


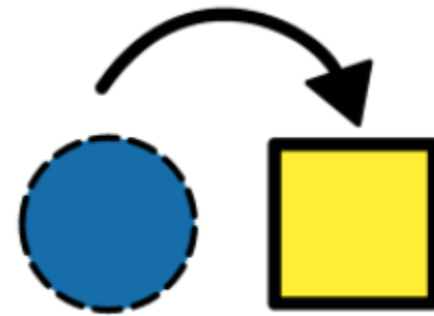
Coronavirus: Changing the Rules



coronavirus



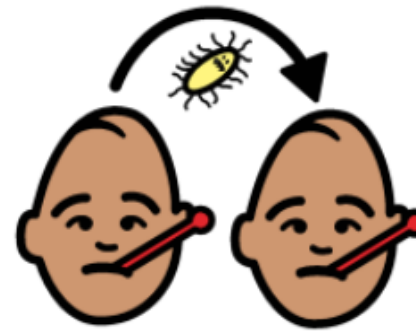
rules



change



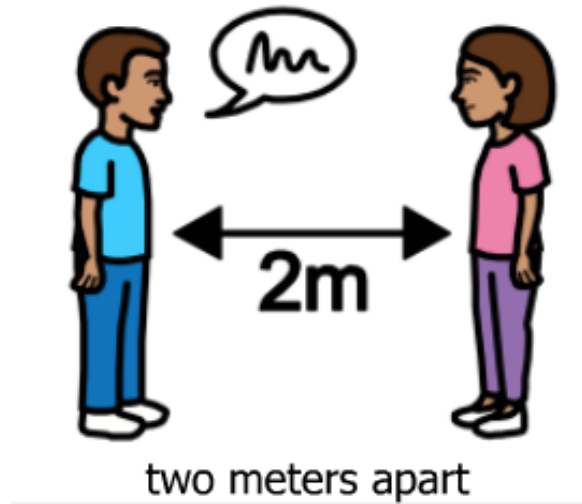
home



germs spreading

Everyone in the world has to spend time at home to stop the Coronavirus germs spreading.

This will help people stay safe.



When we leave the house, we have to stay 2 metres away from people who do not live with us. This can feel strange as we are not used to it.

This is called social distancing.



shop



medicine



exercise

Right now we are only allowed to leave the house to get food, medicine and do exercise.

This means we cannot do the things we usually do like: go to the cinema, school and swimming.

It is ok to feel sad or frustrated about this.
Everybody feels sad and frustrated about it.



walk



run



ride bike

For 6 weeks, we have only been allowed to exercise outside our homes and gardens once a day.

The rule in Scotland has now changed. We can now go outside to do exercise as many times as we like.



expert

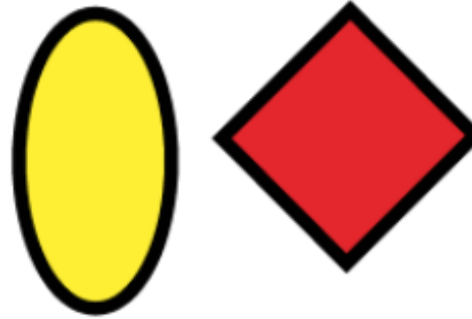


healthy

The Government and Doctors have said that going outside for exercise helps us to feel happier and healthier.



other countries



different

Other countries may have different rules to us. This is ok.

Experts make the rules based on how many people are sick. This is different in each countries.



safe

Later, there will be more changes to the rules. We do not know when this will happen.

I should try to follow the rules

My family and teachers will help me with this. They will be happy that I am keeping myself and others safe.



<https://blogs.glowscotland.org.uk/er/PsychologicalService/>



<https://blogs.glowscotland.org.uk/er/healthierminds/>