

	<p>Hands, Face and Space</p> <p>The government has a new saying to help us remember how to keep safe from Coronavirus.</p>
	<p>What does Hands, Face and Space mean?</p>
	<p>Hands</p> <p>This is to remind us to wash our hands regularly.</p>
	<p>How long should I wash my hands for?</p> <p>Try to wash your hands for 20 seconds each time you wash them.</p> <p>20 seconds is about the same amount of time it takes to sing the Happy Birthday song twice.</p>
	<p>How often should I wash them?</p> <p>It is a good idea to wash your hands every couple of hours, even if you are just staying at home.</p>



Anything else to remember about hand washing?

Yes.

We should always wash our hands:

- Before we start to prepare food or eat anything.
- When we get home after going out.
- Before we touch our face.
- When we have used the toilet.



Face

This is to remind us about when we need to wear a face mask or a face covering.



There are some places where we MUST wear a face mask:

- On public transport such as a bus or train
- In shops and supermarkets
- In Cinemas.
- In takeaways and cafe's when ordering food to take away.
- In hospitals and doctors surgeries.



What about cafes and restaurants?

You might be asked you to wear a mask when you **go to the counter to choose your food or drink**. You can take it off when you are back at your table.

If you are not sure, ask someone who works there what their rules are.



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Day Centre



College

If you go to **college or to a day service**, you might be asked to wear a face mask at certain times.

For example when you are walking down a corridor where other people will be.

The staff at the college or centre will explain what their rules are.



If you are **travelling in a car with a volunteer driver**, you will probably be asked to wear a face mask.

If you are not sure it is a good idea to check before your journey.

If you don't know how to check ask someone to help you.



Can I touch my mask when I'm wearing it?

No. Try not to touch your face mask after you have put it on.

Also try not to touch your face, especially near your eyes, mouth or nose.



Space

This is about not getting too close to other people. This is also known as '**social distancing**'.

The rule about social distancing is '**one metre plus**'

This means we should stay at least one metre away from other people.



One metre is the same distance as the length of a guitar, or the width of a doorway.

The 'plus' part means if we are only one metre apart then we should:

- also **wear a mask**,
- or stand or sit **facing forward** rather than facing each other.



If we can stay **two metres** apart that is even better.

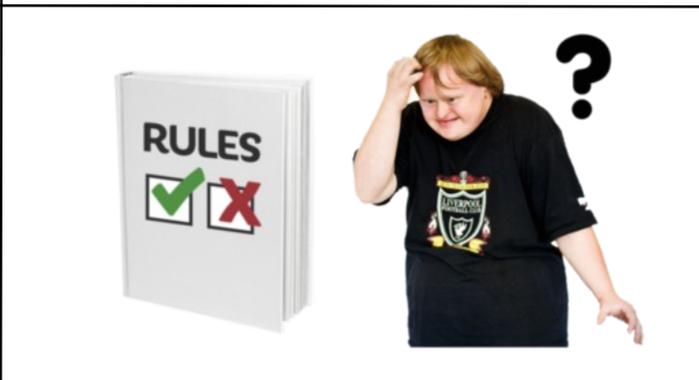
Two metres is about the same as the length of a bed.



Anything else?

Yes.
You don't have to 'social distance' from people you live with, or people who are in our support bubble.

Hopefully, 'Hands, Face and Space' will help us to remember the most important things we need to do to keep ourselves and other people safe.



What if I am still confused?

If the rules are still confusing ask someone to explain them to you again.



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You could ask:

- Someone in your family
- Your Support worker
- Someone in your support bubble

Who could *you* ask?



From all of us at CPF, remember –
'Hands, Face and Space' to stay
safe.

(This guide has been designed using resources
created by www.freepik.com and Photosymbols).