



THE PARTICIPATION TEAM



#E-LIFE HACKS

STAY AT HOME!

Everyone must stay at home to help stop the spread of Coronavirus.

You should only leave the house for 1 of 4 reasons:

- ◆ shopping for essentials: for example food and medicine, try not to go out more than once a week
- ◆ one form of exercise a day, for example a run, walk, or cycle – alone or only with members of your household
- ◆ any medical need, or to provide care or to help a vulnerable or elderly person
- ◆ travelling to and from work, but only for essential work that can't be done at home

SOCIAL DISTANCING

Even when doing these activities, you should be minimising your time spent outside of the home and ensuring you keep 2 metres away from people who you don't live with.

**STAY AT
HOME** 

**PROTECT
THE NHS**

 **save
lives**

So WHAT exactly does this mean and WHY should YOU be doing this?

It is really important EVERYONE stays at home and that younger people don't think that they are ok to keeping going out.

You are not invincible just because you are young!

You need to stay home because:

- ◆ You could have the Coronavirus even if you don't feel unwell; you could spread it to your friends and other people when you are out
- ◆ You could bring it home and if you live with other people pass it onto them and they could become really sick
- ◆ Even though it's not as likely because you are younger, you could get really sick yourself, so could your families, brothers, sisters and housemates.
- ◆ People of all ages and types are dying, not just elderly people and people with underlying health conditions

So don't think that you are safe if you go out and see your mates

STAY HOME | STAY SAFE | PROTECT OTHER PEOPLE

Look out for top tips, ideas about staying active, being creative and much more in the upcoming weeks!



Also, take a look at our Instagram page, **participation_team**, for fun daily updates.

We love to hear from you too so why not contact us at VSK_Participation@kent.gov.uk or through the [Contact Us](#) pages on the Kent Cares Town website!

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