

UK Govt.

Guidance on social distancing for everyone in the UK

Updated 20 March 2020

What is social distancing?

Social distancing measures are steps you can take to reduce social interaction between people. This will help reduce the transmission of coronavirus (COVID-19).

They are to:

- 1. Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough**
- 2. Avoid non-essential use of public transport when possible**
- 3. Work from home, where possible. Your employer should support you to do this. Please refer to [employer guidance](#) for more information**
- 4. Avoid large and small gatherings in public spaces, noting that pubs, restaurants, leisure centres and similar venues are currently shut as infections spread easily in closed spaces where people gather together.**
- 5. Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media**
- 6. Use telephone or online services to contact your GP or other essential services**

Everyone should be trying to follow these measures as much as is practicable.

We strongly advise you to follow the above measures as much as you can and to significantly limit your face-to-face interaction with friends and family if possible, particularly if you:

- are over 70**
- have an underlying health condition**

This advice is likely to be in place for some weeks.