

Social distancing

while outside

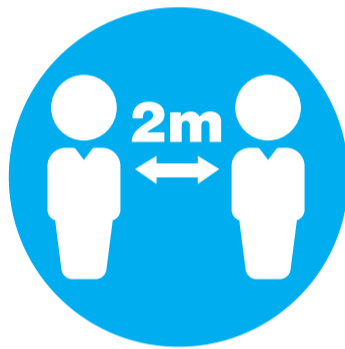
Exercise is good for your physical and mental health
But, you **MUST** be responsible to protect all our health

While outside:



Avoid

Close contact with others (handshakes, hugs, kisses etc)



Distance yourself

Keep 2 metres (6 feet) away from other people



Keep to small groups

A maximum of two people, unless part of your household



Don't arrange

to meet up with other people



Stay away from busy areas

Go somewhere else for your walk

For more advice on social distancing visit
www.malvern hills.gov.uk/coronavirus

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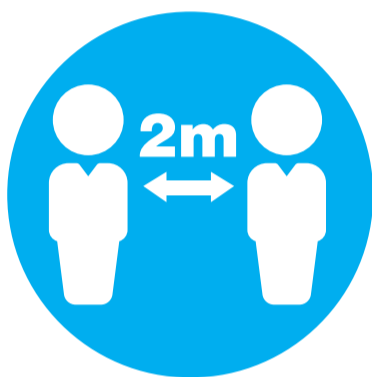
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