

## **Ethnic Minority and Traveller Education Team (EMTET)**



### **Resources and Information for Parents, Carers, Schools and Supplementary Schools during Covid-19 school closure - March 2020**

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**\* Includes information and activities in Spanish/English – Español/ Inglés**

**Dear friends**

***We know that this is a difficult and unusual time for everyone, but especially children, who might be missing school, their routine and their friends. They may feel worried or anxious about what is happening. They may not have the words to ask the questions they need answered.***

***You know your children best of all; some days they may find it easy to do an activity. Other days, they may just need to do less. Don't pressure yourself or them. Learning at home can happen in lots of ways – it's different from school. Staying safe and healthy is the most important thing.***

***All families are in different situations. We want you to know we are thinking of you and we send you these ideas and resources just as a way to keep us connected until we can see you again.***

***We hope you find this information useful and find things to do that are fun and make you and your children laugh, play and feel confident. Hug them often, smile lots and stay safe. We look forward to seeing you again soon.***

***With our kindest and best wishes to you all,***

***From all at EMTET***

## Internet Safety



### Explore together

Talk to your child about what the internet is and explore it together.



### Put yourself in control

Install parental controls on your home broadband.

### Use passwords

Keep your devices out of reach and set passwords.



### Search safely

Use safe search engines such as 'Kids-search'. Safe settings can also be activated on YouTube.

### Set boundaries

Set rules about how long your child can be on the device for.



### Help them learn through games

You can choose safe, fun and educational games to play.



### Be involved

Encourage them to stay in a communal room.



### Manage access

Set your homepage to a child-friendly site like Cbeebies.

**Check every website before you let your child visit**

Queridos amigos,

Sabemos que son tiempos difíciles y de mucha incertidumbre para todos, especialmente para los niños, quienes pueden echar de menos el colegio, los amigos o sus rutinas. Puede que se sientan preocupados o ansiosos por todo lo que está pasando. Puede que no sepan cómo hacer las preguntas para las que necesitan respuesta.

Tú conoces a tu hijo mejor que nadie, algunos días puede que te resulte fácil hacer actividades con ellos, otros días ellos necesitan hacer un poco menos. No te presiones ni les presiones demasiado. Estudiar en casa siempre va a ser diferente que ir al colegio, pero se puede seguir aprendiendo de muchas formas diferentes. Mantenerse seguro y sano es lo más importante.

Cada familia tiene diferentes circunstancias. Queremos que sepas que seguimos pensando en vosotros y queremos enviarnos esta lista de recursos como una forma de seguir conectados hasta que volvamos a vernos.

Esperemos que esta información te sea útil y encuentres cosas divertidas que os hagan reír, jugar y sentir bien a ti y a tus hijos. Esperamos que haya muchos abrazos y sonrisas, y que estéis bien.

Estamos deseando veros de Nuevo.

Con nuestros mejores deseos,

El equipo de EMTET

## Internet Seguro



### Navegad juntos.

Habla a tu hijo sobre internet y navegad juntos.



### Toma el control.

Instala controles parentales en tu conexión

### Usa contraseñas

Mantén tus teléfonos, tablets, y ordenadores alejados de su alcance. Añade contraseñas.



### Haz búsquedas seguras.

Usa buscadores seguros como 'Kids-search'. También se pueden activar ajustes de seguridad en YouTube.



### Ayúdales a aprender jugando

Puedes elegir juegos divertidos, seguros y educativos.

### Establece límites

Establece reglas sobre cuánto tiempo puede usar internet.



### Mantente implicado

Anímales a usar internet en espacios comunes de la casa.



### Controla el acceso.

Establece tu página inicial que sea adecuada para niños, por ejemplo Cbeebies.

Vistita las páginas que va a visitar o ha visitado tu hijo.

Website	Description
<b>Covid-19 information</b>	
<a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874281/COVID-19_easy_read.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874281/COVID-19_easy_read.pdf</a>	Simple information about Covid-19.
<a href="https://www.doctorsoftheworld.org.uk/wp-content/uploads/2020/03/Spanish-Covid19-Guidance-v3-24.03.2020-1.pdf">https://www.doctorsoftheworld.org.uk/wp-content/uploads/2020/03/Spanish-Covid19-Guidance-v3-24.03.2020-1.pdf</a>	* Advice about Covid-19 in Spanish.
<a href="https://www.gov.uk/coronavirus">https://www.gov.uk/coronavirus</a>	Government guidance about Covid-19.
<a href="https://static1.squarespace.com/static/5e79d8e733732027022479bb/t/5e7c916ac1544537fcca4f7a/1585221994679/MigInfoHub+basic+messages+%28twitter%29+SPANISH.png">https://static1.squarespace.com/static/5e79d8e733732027022479bb/t/5e7c916ac1544537fcca4f7a/1585221994679/MigInfoHub+basic+messages+%28twitter%29+SPANISH.png</a>	* Stay at home message – Spanish (available in many languages).
<a href="https://youtu.be/9OS8vbjr2-Q">https://youtu.be/9OS8vbjr2-Q</a>	Information about Covid-19 in Makaton.
<a href="https://111.nhs.uk/covid-19">https://111.nhs.uk/covid-19</a>	NHS 111 Covid 9.
<a href="https://www.romasupportgroup.org.uk/resources-for-the-roma-community.html">https://www.romasupportgroup.org.uk/resources-for-the-roma-community.html</a>	Videos about social distancing and staying at home in Romanian Romanes/Slovak Romanes dialect and Romanian/Slovak. Leaflet in Romanes about Coronavirus. Other advice too.
<a href="https://www.gypsy-traveller.org/covid-19/">https://www.gypsy-traveller.org/covid-19/</a>	Covid-19 information and support for Gypsy, Traveller and Boater communities.
<b>Housing advice</b>	
<a href="https://www.gov.uk/government/publications/covid-19-and-renting-guidance-for-landlords-tenants-and-local-authorities">https://www.gov.uk/government/publications/covid-19-and-renting-guidance-for-landlords-tenants-and-local-authorities</a>	Government guidance about housing.
<a href="https://www.citizensadvice.org.uk/debt-and-money/if-you-cant-pay-your-bills-because-of-coronavirus/">https://www.citizensadvice.org.uk/debt-and-money/if-you-cant-pay-your-bills-because-of-coronavirus/</a>	Advice if you can't pay your bills because of Coronavirus.
<a href="https://england.shelter.org.uk/legal/housing_options/covid-19_emergency_measures">https://england.shelter.org.uk/legal/housing_options/covid-19_emergency_measures</a>	Advice and information about housing from 'Shelter'.
<b>Games, play, crafts and fun at home for little ones</b>	
<a href="https://www.bbc.co.uk/cbeebies">https://www.bbc.co.uk/cbeebies</a>	Games, activities, songs and fun.
<a href="http://www.wordsforlife.org.uk/baby/fun">http://www.wordsforlife.org.uk/baby/fun</a>	Ideas for fun and playing with babies and toddlers.
<a href="http://www.wordsforlife.org.uk/3-5/fun">http://www.wordsforlife.org.uk/3-5/fun</a>	Ideas for fun and playing with younger children.
<a href="https://www.twinkl.co.uk/resources/parents/parents-birth-to-five/nursery-rhymes-and-songs-early-years-parents">https://www.twinkl.co.uk/resources/parents/parents-birth-to-five/nursery-rhymes-and-songs-early-years-parents</a>	Songs and rhymes for younger children.
<a href="https://www.twinkl.co.uk/resources/free-resources-parents/crafts-and-recipes-free-resources-parents/crafts-crafts-and-recipes-free-resources-parents">https://www.twinkl.co.uk/resources/free-resources-parents/crafts-and-recipes-free-resources-parents/crafts-crafts-and-recipes-free-resources-parents</a>	Crafts and recipes for family fun!
<a href="https://talkingtoteaching.org/">https://talkingtoteaching.org/</a>	Talk, reading and singing with babies – information.

<a href="https://talkingisteaching.org/resources/talk-read-sing-together-every-day-tips-families">https://talkingisteaching.org/resources/talk-read-sing-together-every-day-tips-families</a>	Talk, reading and singing with babies – help and tips.
<a href="https://talkingisteaching.org/assets/public-files/TSTF_FamilyBk_English.pdf">https://talkingisteaching.org/assets/public-files/TSTF_FamilyBk_English.pdf</a>	Talk, reading and singing – tips from Sesame Street.
<a href="https://literacytrust.org.uk/early-years/bilingual-quick-tips/">https://literacytrust.org.uk/early-years/bilingual-quick-tips/</a>	Tips to help develop good talking and listening skills – available in 19 languages.
<a href="https://cdn.literacytrust.org.uk/media/documents/2017_07_06_free_ELY_resource_-_bilingualblank_41jur3g.pdf">https://cdn.literacytrust.org.uk/media/documents/2017_07_06_free_ELY_resource_-_bilingualblank_41jur3g.pdf</a>	Talking to your baby.

## Online stories



<a href="https://worldstories.org.uk/lang/spanish">https://worldstories.org.uk/lang/spanish</a>	* Stories to read online in different languages.
<a href="https://stories.audible.com/start-listen?utm_campaign=audible+stories+free+children%27s+audiobooks&amp;utm_medium=&amp;utm_source=inktree">https://stories.audible.com/start-listen?utm_campaign=audible+stories+free+children%27s+audiobooks&amp;utm_medium=&amp;utm_source=inktree</a>	Link currently not working.
<a href="https://www.worldofdavidwalliams.com/elevenses/">https://www.worldofdavidwalliams.com/elevenses/</a>	Listen to stories by David Walliams – activities too!
<a href="https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/lulu-loves-stories/">https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/lulu-loves-stories/</a>	Read the story 'Lulu Loves Stories' in different languages.
<a href="https://storyweaver.org.in/stories?sort=Relevance">https://storyweaver.org.in/stories?sort=Relevance</a>	Stories to read online in different languages.
<a href="https://learnenglishkids.britishcouncil.org/short-stories">https://learnenglishkids.britishcouncil.org/short-stories</a>	Online stories to listen to.

## Online learning



<a href="https://www.themathsfactor.com/">https://www.themathsfactor.com/</a>	Fun maths activities.
<a href="https://bilingualkidspot.com/2019/06/05/esl-english-learning-websites-for-students-kids/">https://bilingualkidspot.com/2019/06/05/esl-english-learning-websites-for-students-kids/</a>	10 websites to help children learn English – some are free, some need payment.
<a href="http://learnenglishkids.britishcouncil.org/games">http://learnenglishkids.britishcouncil.org/games</a>	Lots of activities to help learn English.
<a href="https://bilingualkidspot.com/">https://bilingualkidspot.com/</a>	More activities for learning English and links to online stories in different languages.
<a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>	Games and activities – daily lessons for school-aged children from 20 <sup>th</sup> April.
<a href="https://literacytrust.org.uk/family-zone/">https://literacytrust.org.uk/family-zone/</a>	Activities to support reading, writing and language development for different ages – birth to 12.
<a href="http://www.multilingual-families.eu/repository/for-parents/29activities">http://www.multilingual-families.eu/repository/for-parents/29activities</a>	30 activities to support being multilingual.
<a href="https://www.twinkl.co.uk/resources/parents">https://www.twinkl.co.uk/resources/parents</a>	Lots of activities for different ages – birth to 16.
<a href="https://www.twinkl.co.uk/resources/english-as-an-additional-language-eal/english-as-an-additional-language-eal-translated-resources/english-as-an-additional-language-eal-translated-resources-spanish">https://www.twinkl.co.uk/resources/english-as-an-additional-language-eal/english-as-an-additional-language-eal-translated-resources/english-as-an-additional-language-eal-translated-resources-spanish</a>	* Lots of activities in Spanish.
<a href="http://www.wordsforlife.org.uk/7-11/fun">http://www.wordsforlife.org.uk/7-11/fun</a>	Fun activities to do with your child 7–11 years.
<a href="http://www.wordsforlife.org.uk/5-7/fun">http://www.wordsforlife.org.uk/5-7/fun</a>	Fun activities to do with your child 5–7 years.
<a href="https://www.phonicsplay.co.uk/freeIndex.htm">https://www.phonicsplay.co.uk/freeIndex.htm</a>	Games to practise phonics.
<a href="https://www.bbc.co.uk/teach">https://www.bbc.co.uk/teach</a>	Lots of learning for different ages and subjects.

<a href="https://www.booktrust.org.uk/books-and-reading/have-some-fun/#!?q=&amp;sortOption=MostRecent&amp;pageNo=1">https://www.booktrust.org.uk/books-and-reading/have-some-fun/#!?q=&amp;sortOption=MostRecent&amp;pageNo=1</a>	Online stories, quizzes, videos and activities.
<a href="https://www.dkfindout.com/uk/">https://www.dkfindout.com/uk/</a>	Explore and learn about almost anything!
<a href="https://www.childrensuniversity.manchester.ac.uk/">https://www.childrensuniversity.manchester.ac.uk/</a>	Learning activities for 7–11 year old children.
<a href="https://www.sparklebox.co.uk/">https://www.sparklebox.co.uk/</a>	Learning resources.
<a href="https://www.e-learningforkids.org/en/home">https://www.e-learningforkids.org/en/home</a>	Fun educational site with lots of activities.

### ***Keeping active!***



<a href="https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/">https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/</a>	Online active fun to keep kids moving!
<a href="https://www.thebodycoach.com/blog/pe-with-joe-1254.html">https://www.thebodycoach.com/blog/pe-with-joe-1254.html</a>	P.E. workout with Joe Wicks, Body Coach.

### ***Relax, calm and chill***



<a href="https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/">https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/</a>	Gonoodle also do calming activities!
<a href="https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/#dealing-with-self-isolation-">https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/#dealing-with-self-isolation-</a>	Advice for young people about Covid-19.
<a href="https://www.relaxkids.com/calm-pack">https://www.relaxkids.com/calm-pack</a>	Calm pack for children.
<a href="http://www.handsonscotland.co.uk/relaxation/">http://www.handsonscotland.co.uk/relaxation/</a>	Relaxation/ mindfulness activities for children with links to YouTube videos.
<a href="https://www.therapistaid.com/worksheets/positive-psychology-prompt-cards.pdf">https://www.therapistaid.com/worksheets/positive-psychology-prompt-cards.pdf</a>	Positive thoughts/conversations prompt cards.
<a href="https://www.kooth.com/">https://www.kooth.com/</a>	Online counselling and support for young people.

### ***For parents and carers – looking after yourselves/wellbeing***



<a href="https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse9bf08">https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse9bf08</a>	Advice about emotional wellbeing and practical advice about housing, employee's rights, benefits...
<a href="https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf">https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf</a>	Advice about talking to children about Coronavirus.
<a href="https://www.migranthelpuk.org/">https://www.migranthelpuk.org/</a>	General advice for Asylum Seeking families in different languages.
<a href="https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/">https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/</a>	Relaxation for adults.
<a href="https://covidmutualaid.org/">https://covidmutualaid.org/</a>	Local groups supporting those who are self-isolating, elderly or vulnerable.
<a href="https://www.bbc.co.uk/cbeebies/curation/parent-hood-tips-and-tricks">https://www.bbc.co.uk/cbeebies/curation/parent-hood-tips-and-tricks</a>	Help and advice about parenting.
<a href="https://learnenglishkids.britishcouncil.org/covid-19-support-for-parents">https://learnenglishkids.britishcouncil.org/covid-19-support-for-parents</a>	Ideas to help parents during the Covid-19 situation.

## Online safety



[https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm\\_source=Thinkuknow&utm\\_campaign=03cb8440df-TUK ONLINE SAFETY AT HOME 24 03 20&utm\\_medium=email&utm\\_term=0\\_0b54505554-03cb8440df-63313937](https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm_source=Thinkuknow&utm_campaign=03cb8440df-TUK%20ONLINE%20SAFETY%20AT%20HOME%2024%2003%2020&utm_medium=email&utm_term=0_0b54505554-03cb8440df-63313937)

Online safety activities to do together.

<https://www.bbc.com/ownit>

Advice about how to stay safe online.

<https://www.youtube.com/kids/>

Child-friendly video site.

<https://www.childnet.com/parents-and-carers>

Advice about how to keep your child safe online.

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2020/i-am-parent-or-carer>

Advice on how to talk to your child about internet safety.

## Museums, Zoos and Art galleries to visit – from your home!



<https://www.edinburghzoo.org.uk/webcams/panda-cam/>

Visit Edinburgh Zoo from your own sofa!

<https://britishmuseum.withgoogle.com/>

Explore the British Museum – without leaving home!

<https://www.nms.ac.uk/streetview>

The National Museum of Scotland in your front room!

<https://naturalhistory2.si.edu/vt3/NMNH/>

Take a trip to the Smithsonian Museum...

<https://artsandculture.google.com/partner/musee-dorsay-paris>

Take a trip to Paris and look around the Musée d'Orsay.

<https://www.youtube.com/channel/UCZ9UagJLiMdBIFOHYwT7eLA>

YouTube channel for Chester Zoo.

## FAMILY GAMES AND ACTIVITIES

- Read bedtime stories for 10+ minutes each night
- Plan a family games night
- Go for a walk around the neighbourhood/house/garden.
- Bake/cook together
- Sing aloud together
- Tell them how much you love them
- Plan a one-on-one date with your child
- Play tag in slow motion at home
- Watch a family movie
- Play dress up
- Put on a play
- Go stargazing in the back or front yard
- Start a new family tradition
- Make time for no electronics
- Read a chapter book series together
- Learn more about your child's interests
- Make a craft
- Let the kids help make an easy dessert
- Plan a family picnic in the living room
- Plant a seed (chickpea, flower, lentil)
- Let your kids help make the grocery list
- Get out some colouring books
- Draw pictures
- Learn how to play your child's favourite video game
- Explore some old family photos
- Tell stories about your childhood
- Ask questions about your child's day
- Learn a new skill/hobby together
- Have a family contest/competition
- Create a schedule of family events
- Start a family YouTube channel
- Do a science experiment
- Take a class online together (art, exercise, cooking)
- Build a LEGO set
- Make a blanket fort
- Play a board game.
- Tell jokes
- Have a themed story time
- Decorate a cake or sugar cookies together
- Stick secret notes around the house
- Have a staring contest
- Listen and respond when your kids are talking
- Visit a zoo or museum online together
- Learn a new game
- Go to a concert online
- Play instruments and sing together (Family Band?)
- Give your kids a big hug
- Make a secret code
- Sing Karaoke
- Make dinner together
- Blow Bubbles
- Make up stories
- Tell spooky stories
- Dance around the house
- Go searching for bugs, birds, wildlife in the garden or around the house.
- Have a house scavenger hunt
- Start a family piggy bank, save for a family trip or activity!
- Ask your kids what they want to do when they grow up
- Make chalk art in the driveway
- Learn a new song
- Have a family pizza party
- Make your own stained glass window drawings with Crayola
- Play hide and seek
- Paint each other's faces with paint, powder, make up, or just pretend
- Talk about the positives of your day

- Doughnut Dare. Hold a doughnut on your finger through the hole and have your child see how many bites they can take before it falls off. If you want to make this a bit healthier you could change the doughnut to a pineapple ring.
- Play a memory game but with a more personal touch. First, have your child look you over very carefully. Then leave the room and return after you've changed something about yourself. See if s/he can work out what is different. It could be something very easy for younger kids, like taking off a sweater, but for older kids you could get more challenging, like buttoning one more button on the sweater.
- Guess the Goodies! Put several small treats in a bag or cup. Then have your child close his/her eyes. Finally, you pop a treat in your child's mouth and have him/her try to guess what it is.
- Hold your child in your arms and dance. This is a very synchronous activity.
- Play a tunnel activity like London Bridge. Both parents/carers start by kneeling on the floor to form a tunnel. Then have your child crawl through the tunnel as fast as s/he can before it collapses. During the first few times let him/her get completely through, then have it gently collapse onto your child.
- Give a pillow ride! Have your child sit on a big floor pillow as you drag him/her around the room. Only move when given eye contact.
- Play catch! Roll a ball back and forth to teach reciprocity. Throwing or batting a balloon back and forth may be easier than throwing a ball for little ones.
- Engage in an M&M hockey rivalry. Use bendy straws and blow sweets across a table to the other person's goal. When one of you scores a goal, you win the sweet.
- Marshmallow fight! Each person uses a pillow as a shield. Sit on the floor and throw marshmallows at each other. This gets wild and crazy and is a lot of fun. You can do the same thing with crumpled paper if you don't have marshmallows handy (or if you don't want to get messy!).
- Create a pillow jumping maze. Set up pillow islands in a pattern across the floor. Have your child start at one end while you are at the other. S/he can only start to cross the room when you say 'go'. After you say 'go', your child must jump across the islands and into your arms.

## Talk to your baby in your own language

The best way to help your child learn to talk is to talk to him as much as possible in your own language - It doesn't have to be English. That way, your child will learn to talk confidently, and will be ready to learn English when he starts at nursery or school.

- Talk to your baby in your own language about what you're doing together - when you're bathing or feeding your baby, or changing her nappy.
- Have fun with rhymes, poems and songs in your own language.
- Tell your child stories in your language. Encourage him to join in with the storytelling.
- Try to find books written in your language for your child, or try making your own.
- Encourage your child to play with children who speak the same language as she does.
- Talk to your child about what he did at playgroup or nursery in your language. If he uses English words repeat what he has said using your language. But do not correct him or make him use your language.
- Help your child feel proud of your language. If she speaks more than one language, teach her the names of the languages.
- Don't laugh or tease your child because of his accent or if he makes mistakes.



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### Habla a tu bebé en tu idioma.

La mejor manera de ayudar a tu bebé a aprender a hablar es hablar con él en tu idioma tanto como te sea posible, y no hace falta que sea en inglés. De este modo, tu hijo aprenderá a hablar con confianza y estará preparado para aprender inglés cuando empiece el colegio o la guardería.

- Habla a tu bebé en tu idioma sobre lo que estáis haciendo juntos; cuando le estés bañando, dándole de comer o cambiándole el pañal.

- Diviértete compartiendo canciones infantiles, tus canciones favoritas o poemas en tu idioma.

- Cuéntale cuentos e historias a tu hijo en tu idioma. Anímale a que participe mientras se las cuentas.

- Trata de usar libros escritos en tu idioma para compartílos con tu hijo, o haz tus propios libros.

- Anima a tu hijo a jugar con otros niños que hablen el mismo idioma que vosotros.

- Habla con tu hijo en tu idioma sobre lo que hizo en el parque o en la guardería. Si tu hijo prefiere usar palabras en inglés, repite esas palabras en tu idioma, pero no le corrijas ni le fuerces a usar tu idioma.

- Ayuda a tu hijo a sentirse orgulloso de su idioma. Si habla más de un idioma, enséñale el nombre de cada idioma.

- No te rías o te burles de su acento o de los errores que pueda cometer.

# #COVID19 guidance - Spanish



[migrantinfohub.co.uk](https://migrantinfohub.co.uk)

## Quédese en casa



Solo salga de casa para realizar labores de primera necesidad como comprar comida, medicina, ir al trabajo esencial o hacer ejercicio (solo una vez al día)



Manténgase al menos a 2 metros de distancia de otras personas y lávese las manos tan pronto como llegue a casa.



No salga de casa en absoluto si usted o alguien con quien vive, presenta una temperatura alta y tos seca continua.



**Migration Yorkshire**

*Strategic leadership, local support*