

## Social distancing guidance for families 1 April 2020

Families are being reminded that children and young people must avoid socialising in line with Government and health guidance to prevent the spread of Coronavirus.

East Lothian Council's Chief Operating Officer for Education Lesley Brown said: "We know that children will be missing their friends and the daily interaction they get from school and clubs. However the government guidance is very clear – you must stay at home and avoid interactions with anyone who is not in your household. This means cancelling familiar activities such as play dates and sleepovers. Young people should not be meeting each other within or outwith each other's homes. It's important that everyone sticks to these guidelines as doing so will protect the NHS and our communities.

"Our Educational Psychology Service [has produced advice](#) for children and young people and families who are adapting to the current situation and how to have discussions around it.

"The current restrictions are temporary measures however these guidelines are very important. We ask that all families follow the Government advice."

The Scottish Government's Parent Club has also issued advice using [its twitter account](#):

