

LINK TO THE VIDEO:

<https://www.bbc.com/news/av/health-52054844/coronavirus-social-distancing-advice-what-two-metres-looks-like>

Transcript:

Social distancing advice: What two metres looks like

The UK government is advising people stay home and only go out if they need to **fetch** food or medicine, to go to work if it's essential or to exercise.

Stay at home and stay at least two metres away from people if you do have to go out.

(Boris Johnson) "It's not such a difficult thing. Do it!"

That's the UK government's message to keep us apart so we don't catch or spread the coronavirus.

But unless you are two meters tall, it can be hard to know what that looks like without a **measuring tape**.

It's about three steps. So: one, two, three. Enough space so that you can put a bed between you, or two shopping **trolleys**, or any of these people or, if you're holding a broom, you shouldn't be able to touch anyone with it.

That's all fine in theory, but how does that look in the real world?

Well if you are in the street, it's about half **parking space**. If you are in the park or the country side, it's about two regular **benches**. If you are exercising, you may have to come off the path or cross the road, but hey! That all adds to the exercise, right?

And on public transport, don't sit in the same **row**. Make sure you've got space in front and behind you. In an office you need to be about four desks chairs apart and when shopping, don't queue close together. Many shops have rules on how many people can be inside **at any one time** to ensure you keep that gap. But if you do have to queue outside, make sure you still keep that two metres distance. If you're getting a delivery, have them leave it on the **doorstep**. And if you're still not sure whether you're keeping enough distance, then add a bit more or see if you can hit them with a broom.

VOCABULARY

Fetch – bring – take

1. Fetch: If you *fetch* something, you go to the place where it is and return with it. *I went and fetched another glass.*

fetching = Very attractive; charming, lovely

2. Bring: If you *bring* someone or something with you when you come to a place, you have them with you.

Bring your calculator to every lesson. - My secretary brought my mail to the house. - I've brought you a present.

If you ask someone to **bring you something**, you are asking them to carry or move it to the place where you are.

Can you bring me some water?

3. Take: If you *take* someone or something to a place, you carry or drive them there. *He took the children to school.*

If you *take* someone or something with you when you go to a place, you have them with you.

She gave me some books to take home. - Don't forget to take your umbrella

Tape measure or measuring tape = a flexible ruler used to measure size or distance.

Trolley /'trɒli/ = a large metal basket or frame on wheels, used for transporting heavy or large items, such as supermarket purchases or luggage at an airport or railway station.

Parking space = a space where an automobile can be parked - **car park** = an area or building where cars or other vehicles may be left temporarily.

Bench /bɛn(t)ʃ/ = a long seat for several people, typically made of wood or stone

Row /rəʊ/ = a number of people or things in a more or less straight line.

At any one time = in any given circumstances, under any circumstances

Doorstep /'dɔːstɛp/ = a step leading up to the outer door of a house.