WHAT IS SOCIAL DISTANCING?
How to practice social distancing in the work place.

1. Avoid in-person meetings. Use online conferencing, email or the phone when possible, even when people are in the same building.

2. Unavoidable in-person meetings should be short, in a large meeting room where people can sit at least six feet from each other; do not shake hands.

3. Eliminate unnecessary travel. Cancel or postpone nonessential meetings, gatherings, workshops and training.

4. Do no congregate in work rooms, offices, hallways, copier rooms or other areas where people socialize. Keep six feet apart when possible.

5. Bring lunch and eat at your desk or away from others. Avoid lunchrooms and crowded eating areas.

6. Avoid public transportation. Go early or late to avoid rush-hour crowding.

7. Limit recreational and leisure activities, meetings or other activities that involve groups or where close contact with others is likely.

What is a safe distance?

In Public
Stay home unless absolutely necessary. Avoid handling cash / wipe debit and credit cards down after use. Practice good hygiene. Travel during quiet times and avoid crowds.

At Home
Keep visitors to a minimum. Limit shopping to essential times, instead use online services. Regularly disinfect high touch surfaces. Increase ventilation by opening a window or adjust air conditioning.

WHY? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain a virus. If too close, you may breathe in the droplets.

[Diagram showing the spread of infection in different situations]