WHAT IS

PHYSICAL DISTANCING?

PHYSICAL DISTANCING MEANS AVOIDING CLOSE CONTACT WITH OTHERS TO PREVENT THE SPREAD OF COVID-19 AND CAN INCLUDE:



Avoiding non-essential trips in the community



Avoiding visits to long-term care homes and other care settings



Working from home, where possible



Conducting meetings virtually



Avoiding social gatherings with people who don't live in your home

KEEP A DISTANCE OF 2 METRES (6 FEET) FROM OTHERS WHENEVER POSSIBLE.



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The situation is changing rapidly. Visit our website for regular updates:

www.smdhu.org/COVID19