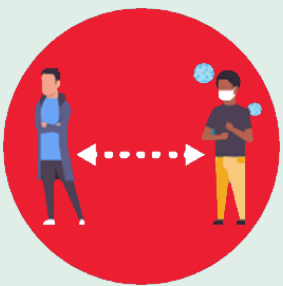


What is Social Distancing?

Social distancing is the most important thing we can do to stop the spread of COVID-19. Social distancing is about more than just keeping away from people. It's about changing the way we interact with each other, and how we can stop the transfer of the virus to others through physical distance *and* hygienic practices.



Always keep your distance from others:

- Only stand with one other person and always 1.5m apart
- Avoid sick people or those showing symptoms of the virus
- If you are showing symptoms, go home, stay at home and isolate yourself until you have medical clearance



Cover your sneezes and coughs:

- Sneeze or cough into a tissue or into the crook of your elbow
- Ensure your mouth and nose are both fully covered
- Hygienically dispose of any tissues immediately after use



Avoid direct or indirect physical contact:

- Wave instead of shaking hands, kissing, or hugging
- Don't share commonly touched items such as pens or phones
- Before using, wipe down crockery, cutlery and drinkware that has been handled by others.



Keep your hands clean:

- Wash your hands thoroughly and frequently
- If you cannot wash hands, use alcohol-based sanitiser
- Avoid touching your eyes, nose or mouth with your hands



Keep your environment clean:

- Clean using detergent or disinfectant
- Disinfect your work surfaces and frequently handled equipment
- A dishwasher is only effective when the water temperature is above 60°C