

# VISITOR INFORMATION: SOCIAL DISTANCING

## What is social distancing and why is it important?

Social distancing includes ways to stop or slow the spread of infectious diseases. It means less contact between you and other people. Social distancing is important because COVID-19 is most likely to spread from person-to-person through:

- Direct close contact with a person while they are infectious;
- Close contact with a person with a confirmed infection who coughs or sneezes, or
- Touching objects or surfaces (such as door handles or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then touching your mouth or face.

**The more space between you and others, the harder it is for the virus to spread.**

### OTHER TIPS INCLUDE:



Wash your hands frequently with soap and water, before and after eating, and after going to the toilet.



REMAIN 1.5m apart at all times. If you are required to move closer than 1.5 meters, ensure that the time does not exceed 15 minutes.



Cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitizer.



DO NOT Share food.



DO NOT Shake hands.

