

Social Distancing

While it is disappointing to hear that so many sports events, holidays, festivals and other gatherings have been cancelled, there is a public health reason for these extraordinary measures. These cancellations help stop or slow down the spread of disease allowing the health care system to more readily care for patients over time.

Social distancing is a tool public health officials recommend to slow the spread of a disease that is being passed from person to person. Simply put, it means that people stay far enough away from each other so that the coronavirus – or any pathogen – cannot spread from one person to another. Social distancing also means not touching other people. Physical touch is the most likely way a person will catch the coronavirus and the easiest way to spread it. The importance of social distancing and complying with national guidance cannot be understated at this critical time for our community.

Coronavirus is spread in sneeze or cough droplets. To infect you, it has to get from an infected person's nose or mouth into your eyes, nose or mouth. This can be direct or indirect (on hands, objects, surfaces). Keep this in mind. It will help you remember all the things you need to do to protect yourself and others from the virus.

When someone coughs or sneezes without protection, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including COVID-19 if the person coughing has the virus. COVID-19 is currently classified as a Pandemic, which means it is global and there are no completely safe zones. It is acknowledged that hand washing, staying out of recognised cluster zones plus not entering the safe social distance of your family, friends and colleagues are excellent means of protecting you and your loved ones.

Coronavirus COVID-19



Distance



Wash



Clean

How to prevent

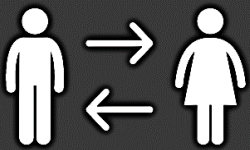


Personal Protection

Employees should take extra care to protect their wellbeing and to prevent against the spread of COVID-19 by taking the following actions:

- Wash hands frequently and thoroughly with soap and water or use an alcohol-based hand rub (where available) if hands are not visibly dirty.
- Practice good respiratory hygiene (i.e. when coughing and sneezing, cover your mouth and nose with flexed elbow or tissue and discard tissue immediately into a closed bin and clean your hands with alcohol-based hand rub or soap and water).
- Clean and disinfect frequently touched objects and surfaces.
- Maintain social distancing.
- Avoid touching your eyes, nose and mouth (i.e. if you touch your eyes, nose or mouth with your contaminated hands, you can transfer the virus from the surface to yourself).

By heeding these precautionary measures, you have a greater chance of protecting yourself and others.



Social distancing is one of the most effective ways to reduce the rate of infection, the impact of the virus and demand on our health services.

EVERYONE HAS A PART TO PLAY.

Social Distancing Outside Work

These are unprecedented and challenging circumstances that we find ourselves in. Each of us has a responsibility to adhere to the “social distancing” guidelines, to the best of our ability, both in and out of the workplace to protect ourselves, our colleagues our families and those most vulnerable in society.

You have the power to make the **difference.**