

# SOCIAL DISTANCING: WHAT DOES IT MEAN?



Social distancing is the practice of reducing close contact between people to slow the spread of infectious diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and cancelling events.



## **AVOID**

- ▶ Group gatherings of more than 100 people
- ▶ Concerts
- ▶ Theatre outings
- ▶ Athletic events
- ▶ Crowded Retail Stores
- ▶ Shopping Centres
- ▶ Workouts in Gyms
- ▶ Non-essential workers in your house
- ▶ Public Transport systems
- ▶ Attending church services



## **USE CAUTION**

- ▶ Visiting local restaurants and cafes
- ▶ Shopping in crowded supermarkets
- ▶ Getting take away food
- ▶ Visiting libraries and other public facilities
- ▶ Travelling



## **SAFE TO DO**

- ▶ Taking a walk or hike
- ▶ Playing or working out in the backyard
- ▶ Cleaning and uncluttering your cupboards
- ▶ Reading a good book
- ▶ Listening to music
- ▶ Cooking and baking
- ▶ Family game and card nights
- ▶ Going for a drive
- ▶ Group video chats
- ▶ Streaming your favourite shows and movies
- ▶ Call a friend for a chat
- ▶ Have a hit of tennis, following safety guidelines