Social distancing means consciously increasing the physical space between yourself and others. Social distancing along with use of masks and hygiene measures can slow the spread of COVID-19.

**Social Distancing Tips**

- **Keep at least 1 to 2 metres (3 to 6 feet) distance from others, even if they appear well.**
- **Stay home when sick, even if symptoms are mild.**
- **Avoid crowded places.**
- **Stay home as much as practically possible. Work from home.**
- **Order essential items online or on phone.**
- **Keep face-to-face interactions brief.**
- **Phone your doctor for routine consultation.**
- **Choose outdoor physical activities.**
- **Maintain distance when greeting others. Don’t shake hands, kiss or hug.**
- **Choose private vehicles as much as possible. Use public transport outside of peak times.**
- **Connect virtually with friends and family. Minimise physical gatherings.**
- **Choose restaurants with outdoor dining / take-away options.**

© 2020 AEA International Holdings Pte. Ltd. All rights reserved.
30/09/2020 - version 8.0

This infographic has been developed for educational purposes only and is correct at the time of publication. It is not a substitute for professional medical advice. Should you have any questions or concerns about any topic in the infographic, please consult your medical professional.