

CORONAVIRUS DISEASE 2019 (COVID-19)

SOCIAL DISTANCING

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.



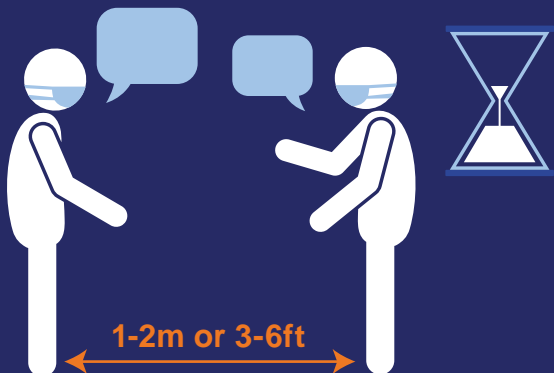
Avoid crowded places.



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**.

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.

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