Social distancing means consciously increasing the physical space between yourself and others. These are measures you can take to limit 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 away from a sick person.**
- **Call or use online services for getting essential items. Go out only when necessary, maintain distance.**
- **Stay at home when sick, even if symptoms are mild.**
- **Phone your doctor for routine consultation. Visit hospitals when medical attention is necessary.**
- **Use private vehicles as much as possible. Avoid public transport.**
- **Work from home, where possible.**
- **Call and use social media to interact with friends and family. Stay away from large and small gatherings.**
- **Wave, bow, nod or use any other culturally appropriate gesture to greet others. Don’t shake hands, kiss or hug.**
- **Avoid non-essential travel.**