Social Distancing

- This is a set of strategies for limiting face-to-face contact with others in order to stop or slow down the spread of a communicable disease in the community.
- Social distancing involves staying at a certain physical distance to allow for a safe space between yourself and other people outside of your home.

Physical Distancing

- Physical distancing is a type of social distance strategy that involves staying a certain physical distance apart (e.g. 6 feet or 2 metres) from other persons in order to limit the spread of a disease.
- It ensures that we do not socially disconnect ourselves from our family and loved ones while trying to curb the disease.
What really is physical distancing?

It is a method used to limit the spread of COVID-19. It involves staying a distance of 6 feet (2 metres) from everyone. This is about the average length of a bicycle.

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What really is physical distancing?

6 feet (2 metres)

It is a method used to limit the spread of COVID-19. It involves staying a distance of 6 feet (2 metres) from everyone. This is about the length of two trolleys/shopping carts.

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