Physical Distancing
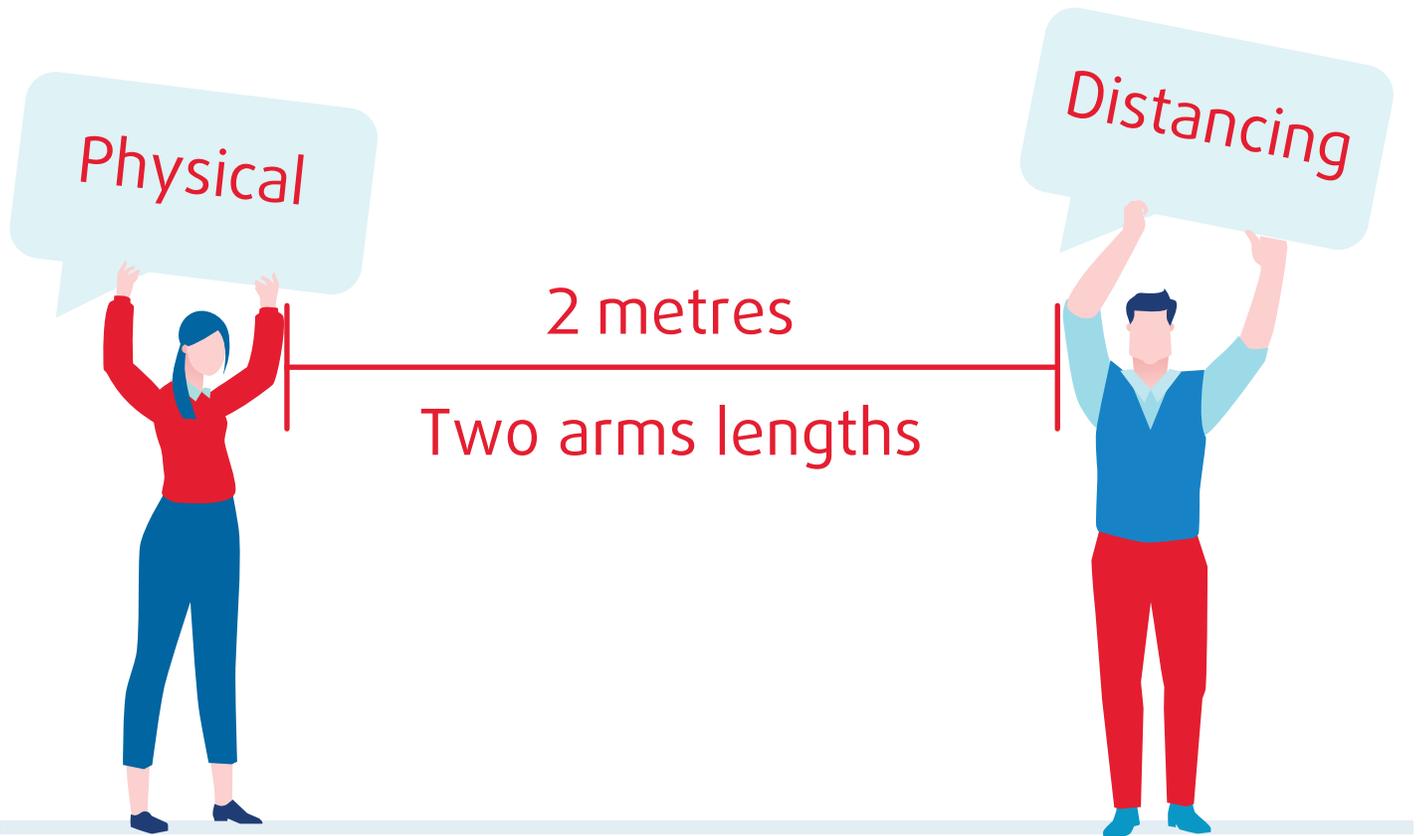
Physical

Distancing

2 metres
Two arms lengths

What Is It? It's minimizing close contact

Why Do It?
- It prevents the spread of COVID-19 between people
- Droplets from a cough or sneeze which may contain COVID-19 cannot travel this distance

Avoid

Crowds   Handshakes   Hugs   Older people   Sick people

Health