



Coronavirus Disease 2019 (COVID-19) – Social Distancing

What is social distancing?

Social distancing is a term applied to public health practice to halt or slow down the spread of a highly contagious diseases such as COVID-19 by minimising contact between one individual(s) to others.

Why social distancing is important?

Social distancing is important because COVID-19 is most likely to spread from person-to-person through direct close contact with an infected person who coughs or sneezes, or touches objects or surfaces contaminated with a confirmed infection and then touching your mouth, nose or eyes. So, the more space between you and others, the harder it is for the virus to spread.

Who should practice social distancing?

Everyone should practice social distancing measures in their daily lives to protect themselves and their families and co-workers from COVID-19.



Avoid
handshakes



Maintain
distance



Avoid congregate
settings and avoid
mass gathering



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