



# SOCIAL DISTANCING

A CONSCIOUS EFFORT TO REDUCE CLOSE CONTACT BETWEEN PEOPLE TO SLOW THE COMMUNITY TRANSMISSION OF INFECTION AND DISEASE.

## Avoid

- Group gatherings
- Concerts and theatres
- Sporting events
- Shopping centres & cinemas
- Non-essential visitors at your home
- Mass public transport (trains, buses, trams, planes)
- Visiting public places (library, swimming pool)

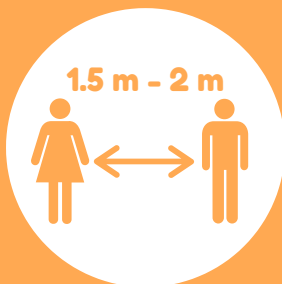
## Caution

- Getting a takeaway meal
- Grocery and essential errands
- Medical appointments
- Going for a walk or bike ride

## Safe

- Gardening
- Creative activities (sew, knit, paint, draw)
- Cooking or baking
- Stream a show or movie
- Listen or creating music
- Family games night
- Reading a book
- Video call family and friends

## SOCIAL DISTANCING - WHEN AT HOME



- Practise good hand and sneeze/cough hygiene
- Avoid handshaking and kissing
- Regularly disinfect high touch surfaces (tables, kitchen benches and doorknobs)
- Increase ventilation opening windows or adjusting air conditioning
- Visit shops sparingly and consider buying goods and services online
- Consider whether outings and travel are sensible and necessary

## MONITOR YOUR SYMPTOMS

When in isolation at home, monitor yourself for symptoms; fever, cough, sore throat, tiredness or shortness of breath, chills, body aches, runny nose and muscle pain.

If you develop symptoms arrange to see your doctor. You must phone the health clinic or hospital before you arrive.

You must remain isolated either in your home, hotel or a healthcare setting until public health authorities inform it is safe for you to return to your usual activities.

## MANAGING ISOLATION

- Keep in touch with family and friends via telephone, email, video calling or social media.
- Learn about coronavirus and talk with others.
- Reassure young children using age-appropriate language.
- Where possible, keep up normal daily routines, such as eating and exercise.
- Where possible, arrange to work from home.
- Do things that help you relax and use isolation as an opportunity to do activities you don't usually have time for.



**SUNCARE.ORG.AU**



**1800 786 227**

**FOR THE LATEST ADVICE, INFORMATION AND RESOURCES,  
GO TO [WWW.HEALTH.GOV.AU](http://WWW.HEALTH.GOV.AU)**

**CALL THE NATIONAL CORONAVIRUS HELP LINE 1800 020 080,  
24 HOURS A DAY, 7 DAYS A WEEK.**

**IF YOU HAVE CONCERNS ABOUT YOUR HEALTH,  
SPEAK TO YOUR DOCTOR.**