



Western Cape Government

Education



METROPOLITAN Health



WHAT IS PHYSICAL DISTANCING?

PHYSICAL DISTANCING (PREVIOUSLY CALLED SOCIAL DISTANCING) MEANS INCREASING THE SPACE BETWEEN PEOPLE TO STOP THE SPREAD OF DISEASE.

Whether you are standing with friends or family, in a queue, walking past others, or in transport, try to stay at least one metre away from others at all times.

By doing this, you lessen your chance of getting COVID-19, the disease spread by the new Coronavirus. That's because the more space you put between yourself and others, the less chance there is of the virus being breathed in - through droplets in the air - from one person to another.

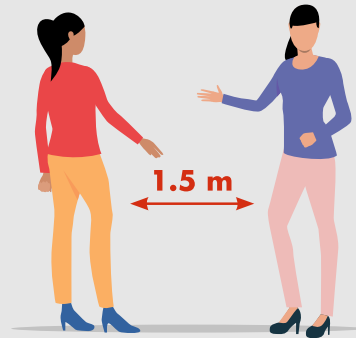
YOU SHOULD DO THE FOLLOWING:



During lockdown, all gatherings are not allowed unless you have a permit to do so. If you are standing in a group, however, ensure you keep **1.5 metres** away from others at all times.



Work from home unless you have an essential services permit. If you have to work, make sure you maintain physical distancing rules in the workplace.



Keep **1.5 METRES BETWEEN YOURSELF AND OTHERS** at all times.

We might be disappointed to have sports events, festivals, religious and other gatherings cancelled, but there is a health reason for this.



Events or gatherings draw crowds.



When lots of people stand close together, the virus could spread through droplets passed from one person to another.



When people go home to friends and family, they could spread the virus to them.

Remember!

For more information, support and advice feel free to reach out to us on:

NICD CORONA VIRUS OUTBREAK 24-HOUR HOTLINE NUMBER: 0800 029 999
DEPARTMENT OF HEALTH WHATSAPP: 0600 123 456

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