

COVID-19 Social distancing

Social distancing is a term being used in everyday conversations and has been identified as a key strategy in fighting the spread of coronavirus. Public health officials are placing responsibility on individuals to help slow the pandemic and social distancing is one way to achieve this.

Social distancing limits the number of people an infected person comes into contact with. It helps to limit the spread of the virus, including for those individuals who do not even realise they have it. In short, if it is done correctly, and on a large scale, social distancing breaks or slows the chain of transmission from person to person.

What is social distancing?

Social distancing is a tool recommended to slow the spread of a disease that is being passed from person to person. Simply put, it means that people stay far enough away from each other so that the coronavirus cannot spread from one person to another. The current recommendation is to maintain a minimum distance of 1.5 metres from others in all environments.

Here are some additional steps you can take to reduce the spread of germs in the workplace:

- ◆ Stop using handshaking or any other form of physical touch as a greeting
- ◆ Hold meetings via teleconference or video conference (Skype, Teams, Zoom etc.)
- ◆ Ensure employees eat lunch at their desk or outside, rather than in a shared lunch environment
- ◆ Hold any essential meetings outside in the open air if possible
- ◆ Clean and disinfect all high touch surfaces regularly
- ◆ Promote good hand and sneeze/cough hygiene and provide hand sanitisers in all work environments
- ◆ Allow employees to adjust their start and end times if that enables them to travel at less congested times
- ◆ Do not schedule any social events that require face-to-face attendance and instead try more innovative way of connecting your people

Importantly, if anyone is feeling unwell, they should not attend work.

For further information around social distancing, head to the Australian Government website and download [Coronavirus \(COVID-19\) – Information on social distancing](#).