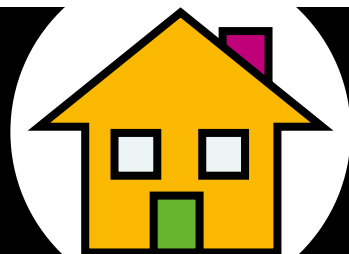


# Social distancing

## What to do

### Stay at home



Where possible, work from home.  
If you do have to come into work,  
make sure you:

#### Keep your distance

Keep a minimum of 2 metres distance at all times between you and the next person



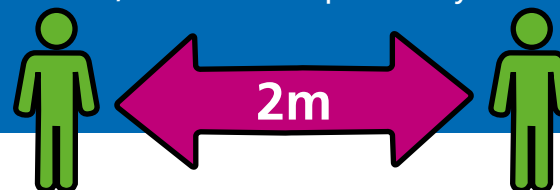
#### Avoid close contact

Sit one to a desk, make use of empty office space and do not sit together in public areas



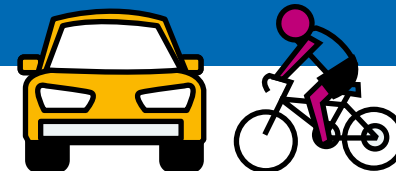
#### Stay away from counters

When using the pharmacy or restaurant stay 2 metres away from servers, cashiers and pharmacy staff



#### Avoid using public transport

Avoid non-essential use of public transport when possible



#### Use technology to stay in touch

Keep in touch using remote technology such as phones and internet



#### Limit contact with:

- People with underlying health conditions
- People over 70
- Pregnant women



#### Wash your hands

Remember to wash your hands with soap and water more often and for at least 20 seconds



With **all of us** in mind.