



THE IMPORTANCE OF SOCIAL DISTANCING IN CURBING THE SPREAD OF COVID-19

WHAT IS SOCIAL DISTANCING?

Social or physical distancing means keeping at least a 2m distance between yourself and other people who are not from your household, when in indoor and outdoor areas.

Social distancing should be practiced in combination with other preventative measures including:

- wearing a mask;
- avoiding touching your face; and
- washing your hands with soap and water or using hand sanitiser.

WHY PRACTICE SOCIAL DISTANCING?

- COVID-19 spreads when people are in close contact – an infected person coughs, sneezes or talks and droplets from their mouth or nose are dispersed into the air and infect people nearby.
- Social distancing helps limit opportunities to come in contact with contaminated surfaces and infected people outside the home.
- Social distancing is especially important for people who are at higher risk for severe illness from COVID-19.
- It is important that symptomatic people or those who have been in close contact with someone who has COVID-19, stay at home until it is safe to be around others.

TIPS FOR SOCIAL DISTANCING

- **When going out in public**, stay at least **2m away** from other people and **wear a mask**.
- **Before going out**: Know and follow the guidance from local public health authorities where you live.
- **Transportation**: Practice social distancing when using public transport.
- **Running errands**: Limit contact by only visiting stores selling household essentials in person. Use drive-thru or delivery services to limit face-to-face contact with others. Maintain social distancing between yourself and delivery service providers and wear a mask.
- **Choose safe social activities**: Stay socially connected with friends and family who don't live in your home by calling, using video chat or connect through social media.
- **Events and gathering**: When in a crowded space, where it is difficult to practice social distancing, please ensure that you wear your mask.
- **Stay distanced while being active**: Consider going for a walk or a bike ride in your neighborhood or in another safe location where you can maintain a social distance between yourself and other pedestrians and cyclists.
- **Visiting gyms or fitness centres**: Wear a face mask when social distancing is difficult. Ensure equipment is disinfected and do not share items, such as weightlifting equipment, that cannot be cleaned between use.
- **Visiting a park or recreational facility**: First check for closures or restrictions. If open, consider how many other people might be there and choose a location where it will be possible to maintain a social distance between yourself and other people.
- **Follow these guidelines when visiting family and friends**:
 - if possible, meet outside;
 - wear a mask;
 - disinfect frequently touched surfaces;
 - wash or sanitise your hands regularly; and
 - keep your social distance of at least 2m

Source:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/socialdistancing.html>



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