

Social Distancing: We all should be doing it, but what does it really mean?

Social distancing is just as much for your own health as it is for the health of everyone around you, it does not mean be anti-social, it means making conscious decisions about how we interact with others. Everyone's role is different, some of us are able to work remotely and some of us must be at work in order to do our jobs. We all understand the need for social distancing, but what does it look like in action?

We all have a role to play

This means showing others that we respect their health by social distancing:

- Maintain at least six feet between you and other people (for example: while standing in line, waiting for an elevator, attending a meeting, and walking down the hall)
- Avoid over-crowding elevators
- Do the foot-shake, elbow-bump, or jazz-hands in lieu of shaking hands

Avoid gatherings in groups of more than 10 people:

- You should avoid gathering of more than 10 people in both in your professional and personal life
- Minimize group meetings, if meetings are unavoidable, avoid close contact (within 6 feet) with others and ensure that the meeting room is properly ventilated

If you feel sick, stay home:

- This keeps your coworkers, patients, and the community healthy

Practice good hygiene:

- Wash your hands, especially after touching any frequently used item or surface
- Avoid touching your face
- Sneeze or cough into a tissue, or the inside of your elbow
- Disinfect frequently used items and surfaces as much as possible

Remember even during social distancing you should continue to show respect to others by...

- Acknowledging others, regardless of title/position
- Keeping our phones put away while interacting with others
- Practicing active listening with each other, patients and community

