

# What is “social distancing?”



With the Coronavirus,  
everyone speaks of “social distancing”.  
What does “social distancing” mean?



Social distancing means that  
we need to keep away one from each other.

Staying away from other people stops the virus  
from making more people ill.



This means that people are told to  
work from home and not to come to their workplaces.

This also means day centres may be closed and people with  
disabilities are asked to stay at home.

This also means restaurants are closed.

And events like parties or conferences are cancelled.



It can be hard to be isolated.

It is important to talk to other people  
during social distancing.

To stay connected to the people we like  
and to continue our work, we can use other forms of  
communication.



For example:

- Phone calls
- Skype
- WhattsApp