



Practice Social Distancing to Prevent the Spread of COVID-19

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. It does not mean emotional distancing or isolation. Social distancing measures during COVID-19 pandemic include limiting large groups of people coming together, closing buildings and cancelling events.

1. Practice Physical Distancing

- Limit close contact with people. Keep 6 feet (2 meters) distance between yourself and others.
- Wear a cloth face covering in public settings when other social distancing measures are difficult to maintain.
- Avoid crowds, especially in poorly ventilated spaces.
- Avoid hugging or kissing people who are sick or showing symptoms of illness.
- Stay home if you are sick.

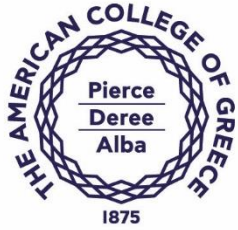
Important point: Do not touch your face, eyes, nose, or mouth when you take off your mask, and wash your hands with soap and water immediately after you take it off.

If you are sick, have symptoms consistent with COVID-19, and/or have been in close contact with someone who has COVID-19, it is important to stay home and away from other people until it is safe to be around others.



2. Social Distancing at Home

- Avoid close contact with people who are sick.
- If possible, maintain 6 feet between the person who is sick and other household members.
- In case you live in shared housing maintain physical distance between yourself and everyone that you don't live with.
- Wear a cloth face covering when it is necessary to be in shared spaces (kitchens, laundry rooms) and other social distancing measures are difficult to maintain.
- If you're caring for someone who is sick, take all recommended precautions by CDC (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>) and EODY (<https://eody.gov.gr/neos-koronoios-covid-19-odigies-gia-frontida-ypoptoy-kroymatos-sto-spiti/>).
- If you have symptoms of COVID-19, **self-isolate** and seek for medical advice.



Know the Facts

Health



3. Social Distancing at Work

Social distancing at work is the practice of staying at least 6 feet (2 meters) apart from co-workers, office and building mates at all times. The core rule at the heart of social distancing, necessitates additional interventions, such as reducing office capacity and limiting the number of people allowed at in-person meetings.



Tips for health and safety at the workplace in the context of COVID-19:

- Wash hands frequently or use alcohol-based hand rubs containing at least 60% alcohol.
- Clean and disinfect frequently used equipment and frequently touched surfaces (doors, cell phones, laptops, keyboards, workstations) on a regular basis.
- Maintaining physical distancing of 6 feet (2 meters) between employees during working hours and breaks.
- Limit food handling and sharing of food in the workplace.
- Stay home if you are sick. **DO NOT GO TO WORK.**

<https://nutritionfacts.org/video/hand-washing-sanitizing-to-inactivate-covid-19-coronavirus/>

4. Tips for Safe Shopping

- Order food or other items online for home delivering.
- **Before you go:** Make a list of what you need and stick to the list.

While you are shopping:

- You are suggested to put on a cloth face covering.
- Disinfect the shopping cart with alcohol based wipes, if available.
- **Keep your distance!** Stay at least 6 feet away from other shoppers and store staff, as much as possible.
- Keep your hands away from your face.

When you get home:

- Put all your bags in one area before you unpack them.
- Clean hard surfaces where you unloaded groceries with chlorine based or alcohol based cleaners. Clean your fruits and vegetables with water and soap.

Clean, Separate, Cook and Chill!



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Sources: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>, <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/maintaining-human-connection-in-time-of-social-distancing>, <https://www.ecdc.europa.eu/en/publications-data/considerations-relating-social-distancing-measures-response-covid-19-second>, <https://www.osha.gov/Publications/OSHA4027.pdf>, www.fda.gov/food