

## ***Social Distancing***

### **What is Social Distancing?**

Wikipedia defines Social Distancing as: a set of nonpharmaceutical infection control actions intended to stop or slow down the spread of a contagious disease.

You can help protect yourself by changing your daily routines in order to minimize close contact with others. Self-isolating in your home is the best control for avoiding exposure to a contagious disease.

As this is not always possible, following the guidelines listed below can help to minimize your risks.

### **Practice social distancing by:**

- Ensure you stay at least 1.5 meters (6 feet) away from one another in communal areas
- Avoid personal touching e.g. shaking hands.
- Necessary and beneficial therapeutic personal contact during a therapy session will be supported by clinical reasoning specific for each client, e.g. during a therapy session the therapist may facilitate movement by touching.
- Avoid large groups, keep gatherings at a minimal (50 people max). If needed, break it up into smaller groups for job planning, toolbox talks or safety meetings.

### **To help reduce your risk of infection:**

- Wash your hands often with soap and water for at least 20 seconds. Using soap and water is the single most effective way of reducing the spread of infection. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
- Do not touch your face, eyes, nose or mouth with unwashed hands.
- Cover your mouth and nose with the crease of your elbow or a tissue when you sneeze or cough. Dispose of tissue immediately and wash or sanitize your hands
- Regularly clean and disinfect frequently touched surfaces.
- Do not share food, drinks, utensils, etc.
- Wear a mask in communal areas and during therapy sessions.

### **Protect Yourself on Site by:**

- Know the practices/procedures your COVID-19 officer has put in place to access the jobsite safely.
- Discuss strategies to ensure social distancing and proper hand hygiene at toolbox talks and in orientations
- Ensure that hand washing stations and alcohol base hand sanitizers are on site and available for all workers. Supply personal vehicles with hand sanitizer.
- Put up posters of proper hand washing techniques.
- Ensure all offices and non-porous tools are sanitized and cleaned regularly.
- Perform environmental routine cleanings.
- Disinfect PPE such as masks daily after use by washing thoroughly with antibacterial soap.
- Post informative posters telling people what to do if they get sick.
- If you suspect you have contracted a virus, stay home and self-isolate until health has improved, if needed contact your family doctor or go to the nearest hospital for severe/life threatening symptoms.