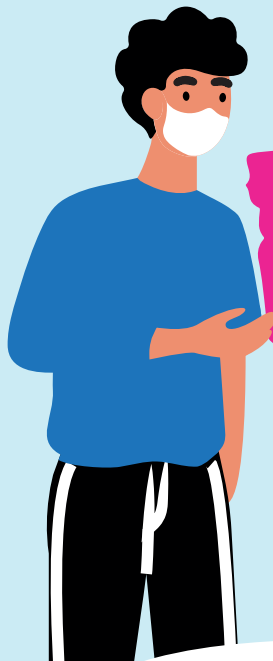


# WHAT IS

## SOCIAL DISTANCING?



Social Distancing is an effort to reduce close contact with other people. Maintain at least a 1-metre distance between yourself and others to reduce your risk of infection from coughing, sneezing or speaking. Maintain an even greater distance between yourself and others when indoors. The farther away, the better to prevent the spread of the virus, especially **to your loved ones**.

### DURING THE COVID-19 PANDEMIC, AVOID THE FOLLOWING:



Going to crowded places and attending unimportant gatherings.



Doing common greetings, such as handshakes, kisses, and hugs.



Having an interaction with people at risk such as the elderly and those who are clinically vulnerable.

### HOW TO KEEP SOCIALLY ACTIVE WITH SOCIAL DISTANCING:



**WAVE!** Just wave when you see your friends from afar.



**STAY!** Keep yourself inside your house and only leave the house when it is necessary.



**COMMUNICATE!** Text, chat, or call rather than visiting your relatives and friends in person.

This guide is from the Department of Health (2020) and World Health Organization public advice. It was only edited and translated by Plan International Philippines for distribution to communities in different parts of the Philippines.