

# HOW TO PRACTICE SOCIAL DISTANCING

## DO



Stay at home.



Stay informed and follow the advice given by your healthcare provider.



Practice good hygiene by washing your hands often with soap for at least 20 seconds.



Connect with your colleagues and friends through online video or voice calls, instant messaging, email or phone to avoid face-to-face meetings and interaction.



Postpone or cancel all unnecessary travel, meetings, workshops, training, and events.



Cover your nose and mouth with a tissue or with your elbow when you cough or sneeze. Wash your hands immediately after.



Regularly clean and disinfect your home, workstation, and frequently touched objects and surfaces.



Visit shops sparingly, cook at home, buy food online or delivery and take-away.

## AVOID



Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media.



Avoid crowds and public spaces.



Avoid public transportation.



Avoid touching your face, eyes, nose, and mouth.



Avoid close proximity to people if you do come into contact with people outside of your home. Keep a distance of 2 meters if possible.



The elderly are more vulnerable to COVID-19. Avoid exposing them to unnecessary contact.

If you have fever, cough and difficulty breathing, seek medical care early.

Call the numbers below for guidance:

**Estijaba - 8001717**

**Dubai Health Authority - 800342**