Ways to Practice Social Distancing at Work

1. Use technology: email, phone, or video conference.
2. Limit group work and avoid gatherings.
3. Eliminate nonessential travel. Stay home if you are ill, have recently travelled, or have symptoms.
4. Keep a distance of 2 metres (6 ft) from others.
5. Bring your lunch, eat away from others.
6. Avoid public transportation during busy times. Walk, cycle, or drive if you can.
7. Cancel or postpone nonessential meetings, gatherings, workshops, and training sessions.