SOCIAL DISTANCING

COVID-19 Update

WCT COVID-19 Task Force
What is Social Distancing?
Six feet. That’s the number you need to keep in mind when you are social distancing.
Why is social distancing so important?
The Vital Importance of Social Distancing

How a reduction in social contact can reduce the spread of the coronavirus

<table>
<thead>
<tr>
<th>Normal Behaviour</th>
<th>In 5 days</th>
<th>In 30 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Person infects</td>
<td>2.5 people</td>
<td>406 people</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>50% less contact</th>
<th></th>
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<tbody>
<tr>
<td>1 Person infects</td>
<td>1.25 people</td>
<td>15 people</td>
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<table>
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<th>75% less contact</th>
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<tbody>
<tr>
<td>1 Person infects</td>
<td>0.625 people</td>
<td>2.5 people</td>
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Source: Singer Laboratory/Gary Warshaw
STRICTER MEASURES IMPLEMENTED

- Many countries are taking stricter measures to reduce the spread of the virus
- Severe limitations on travel and movement
- Stay-at-home orders
- Please remember that this does not mean you can't get out to buy essentials (e.g. food, medicines) or in cases of emergencies
- No social gatherings permitted, including restrictions on visiting places of worship
What is the point of such drastic measures?

• The best way to tackle the virus is to stop its spread in its tracks

• We stop forest fires by building fire breaks. We can do the same by reducing transmission of the virus between people

• Many people carrying the virus may not even know it, but can very well pass it on to other unsuspecting people they come in contact with

• If we can reduce unnecessary contact with others, we not only prevent other people from getting sick, but also protect ourselves

• Based on what we know so far, this is the quickest and surest way of taming the pandemic
Social Distancing
Vs
Social Isolation
Vs
Social Shielding
SOCIAL DISTANCING

Some call it a “lockdown”, which means staying at home, almost entirely limiting person to person interaction, and only going out to get essential supplies like food and medicine, and in case of emergencies.

- Keeping away from crowds
- Avoiding busy places
- Maintaining a minimum of six feet of distance from the next person
- Staying at home
SOCIAL ISOLATION

It is advised to self-isolate if you have any symptoms of coronavirus, may have been exposed to it, or live with someone with symptoms.

• Stay at home and do not go out even to buy food or medicine, if possible

• Maintain generous distance from the rest of your family, especially old / pregnant individuals and those who suffer from chronic illnesses. Confine yourself to a separate room in the house, away from others, if possible

• Avoid having any visitors in your home during this time
SOCIAL SHIELDING

Social shielding is a type of isolation that particularly applies to those with underlying health conditions and weak immune system. The aim is to shield these people from getting infected by the virus and becoming sick.

We need to minimise the chances of those who fall under any of the mentioned categories from getting affected as they are at risk of contracting the severest form of COVID-19.

- Old age > 70 yrs.
- Pregnancy
- Lung Disease
- Heart Disease
- Cancer
SOCIAL SHIELDING

• Ideally these people should not leave home and have minimal contact with others

• Clean and disinfect frequently touched objects and surfaces at home

• Minimise the time spent in shared spaces, like kitchen and sitting area, and make sure they are well ventilated

• If you do share a toilet and bathroom with others, make sure they are cleaned frequently
WHAT TO DO IF YOU FALL ILL
Stay home for 14 days
Separate yourself from other people at home
Call ahead before visiting a doctor

Cover your mouth and nose while coughing or sneezing
Wash your hands often
Avoid sharing

Clean all frequently touched surfaces everyday
Monitor your symptoms regularly
Stay positive and be kind to your mind
PRACTICE SOCIAL DISTANCING, NOT EMOTIONAL