
What does social distancing mean?

Social distancing means keeping one and a half metres (or five feet) of space between you and other people. This is about two large steps.

What can you do?

- Stay at home as much as possible.
- Go to the supermarket, pharmacy and bank if you need to.
- You can exercise outside, but stay in your local area if you can.
- You can visit someone to provide support or care.
- Keep going to your normal medical appointments. These are important.
- Leave items for your family and friends who don't live with you, at their front door.
- Keep one and a half metres away from other people when you leave your home.

What can't you do?

- Don't shake hands, hug or kiss people when you meet them.
- Don't leave home unless you have to. For example, if you need to go to the shop, to the doctor and to get petrol, try to combine these trips into one trip rather than three separate trips.
- Stay away from areas where there are a lot of people. For example, if the car park at the supermarket looks full or it looks crowded inside, try to come back at another time.

What should I do at home?

- Keep air flowing through the house, as long as you are warm.
- Clean benches, light switches and door handles around your home.
- Wash your hands often with soap and water and dry them. This is especially important as soon as you come home, after you use the toilet, after you sneeze, cough or touch your face and before handling food.

How can I keep connected to others?

- Stay connected to your friends and family online and by phone.
- You can talk to your neighbours over the fence, but stay two large steps apart.
- If you need advice or support, call:
 - Migrant Resource Centre Tasmania (03) 6221 0999
 - Catholic Care (03) 6278 1660
 - Migrant Resource Centre North (03) 6332 2211

What if I get sick?

- If you get sick with fever (or signs of fever like night sweats or chills) or cough, sore throat or shortness of breath, call your doctor or the Public Health Hotline on 1800 671 738.

Social Distancing

Factsheet



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- If you need an interpreter, call the Translating and Interpreting Service (TIS) on 131 450 and tell them your language.
 - If you need health advice for something else, call your doctor or HealthDirect Australia on 1800 022 222.
 - If you get very sick and are worried or have trouble breathing, call 000 for an ambulance.
 - You can also call your Bi Cultural Health Worker at Red Cross on (03) 6235 6077.