

# Social Distancing



Keeping your distance from others will help you to stay healthy and will stop the spread of coronavirus.

## Protect yourself and your family

- 1 Stay home if you are sick
- 2 Distance yourself at least 1.5 metres from others where possible
- 3 Avoid shaking hands, hugging and kissing as greetings
- 4 Avoid large group gatherings
- 5 Avoid busy areas
- 6 Avoid small group gatherings in enclosed spaces

Remember to always practise good hand hygiene and cough and sneeze etiquette wherever you are



If you have specific enquiries please direct these to our designated email address [coronavirusadvice@nd.edu.au](mailto:coronavirusadvice@nd.edu.au) or the University website [www.notredame.edu.au/coronavirus](http://www.notredame.edu.au/coronavirus)