

Physical distancing

Physical distancing protects you and your community. It reduces your risk of catching illnesses, like COVID-19, from other people.

Keep 1.5 metres away from others wherever possible.



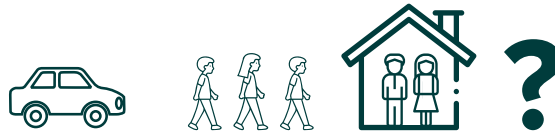
Avoid physical greetings such as handshakes, hugs and kisses.



Avoid crowds and large public gatherings when possible. If you see a crowded space, do not enter.



Know the rules around how many guests are allowed at your house and at gatherings. Call the SA COVID-19 Information line at 1800 253 787 if you have questions.



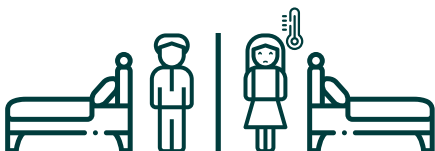
Physical distancing does not have to mean social isolation. Stay connected with your friends and family and call a mental health support line if you need it.



COVID-19 Mental Health Support Line **1800 632 753**
ASKPEACE **(08) 8245 8110**
Beyond Blue **1300 224 636**

You do not need to physically distance from other people you usually live with unless:

Someone in your home is sick.



You have symptoms and may have been exposed to COVID-19.



You are waiting to hear about your COVID-19 test results.

