As individuals, we can help by limiting our close interactions with others. The general rule is keeping at least 2 metres (the length of a single bed) from others. However, brief encounters such as passing someone in a corridor or paying a cashier in a shop do not increase the risk.

Avoid gatherings with people outside of your household. Keep in touch using remote technology such as phone, internet and social media. Use communication tools such as Skype and Polycom for team meetings and updates.

Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include a high temperature and/or a new and continuous cough. To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue and throw the tissue away immediately. If you don’t have a tissue, use your sleeve not your hands, then wash your hands or use a hand sanitising gel.

Don’t shake hands. Wash your hands for at least 20 seconds

Avoid non-essential use of public transport, varying your travel times to avoid busy periods, when possible. Minimise all but essential private travel.

In shared military accommodation, make sure there is at least 2 metres between bed spaces

Avoid large outside gatherings, and gatherings in smaller public spaces, such as pubs, cinemas, restaurants, theatres, bars, and clubs.

Avoid gatherings with people outside of your household. Keep in touch using remote technology such as phone, internet and social media. Use communication tools such as Skype and Polycom for team meetings and updates.

Do not play contact sport.

Work from home, where possible. Work station seating should be 2 metres from your colleagues. Disinfect contact surfaces (e.g. door handles). If you are hot desking, clean the desk before logging on.

SOCIAL DISTANCING SHOULD NOT IMPACT NORMAL HOME LIFE AND INTERACTIONS WITH THOSE CLOSEST TO YOU.