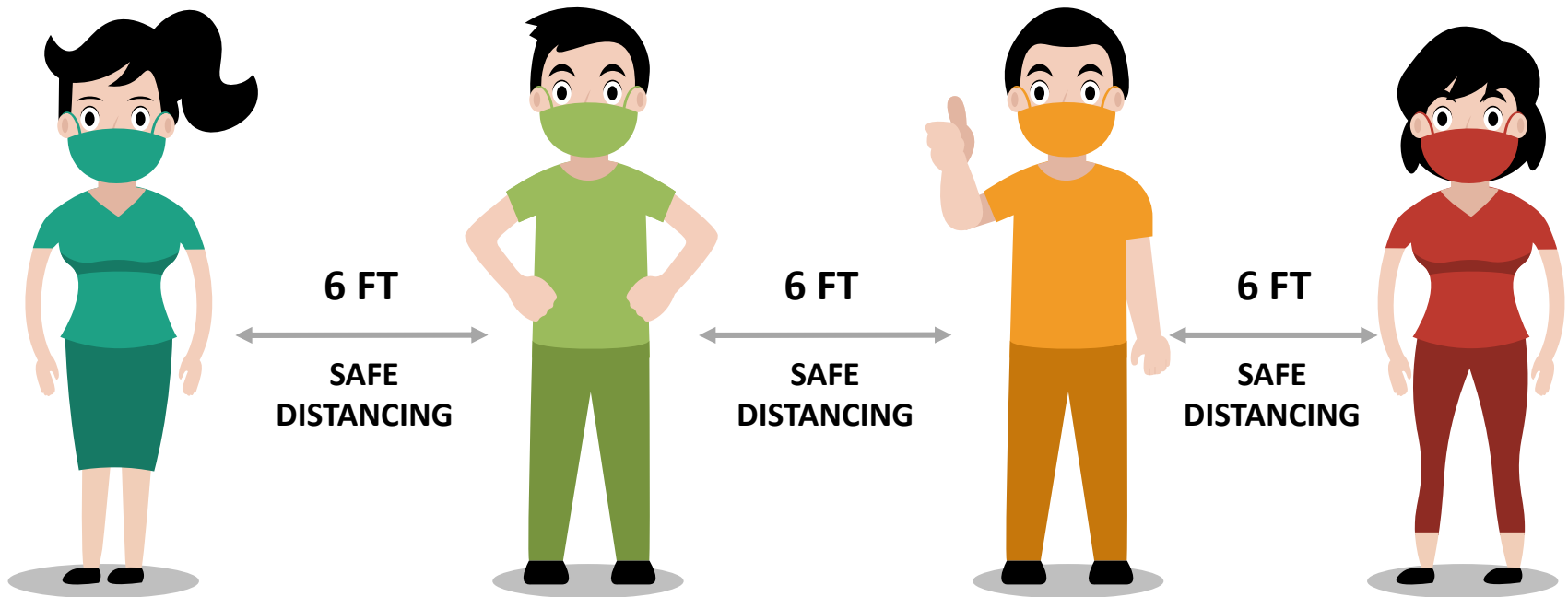


# SOCIAL DISTANCING

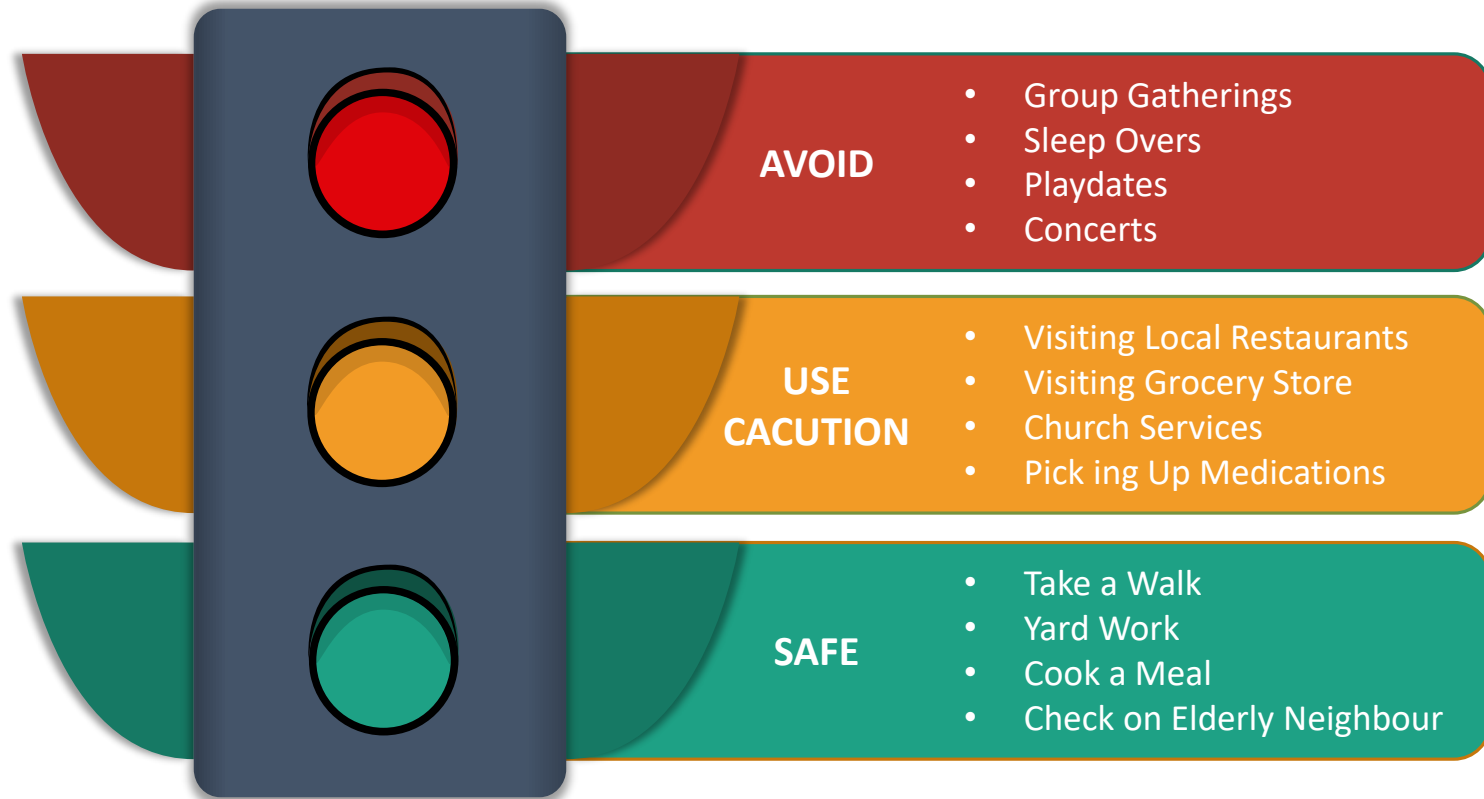
Staying safe and healthy is our goal as we plan for the future of our staff, students, and families.



Wareham Public Schools  
Social Distancing Training  
June 2020

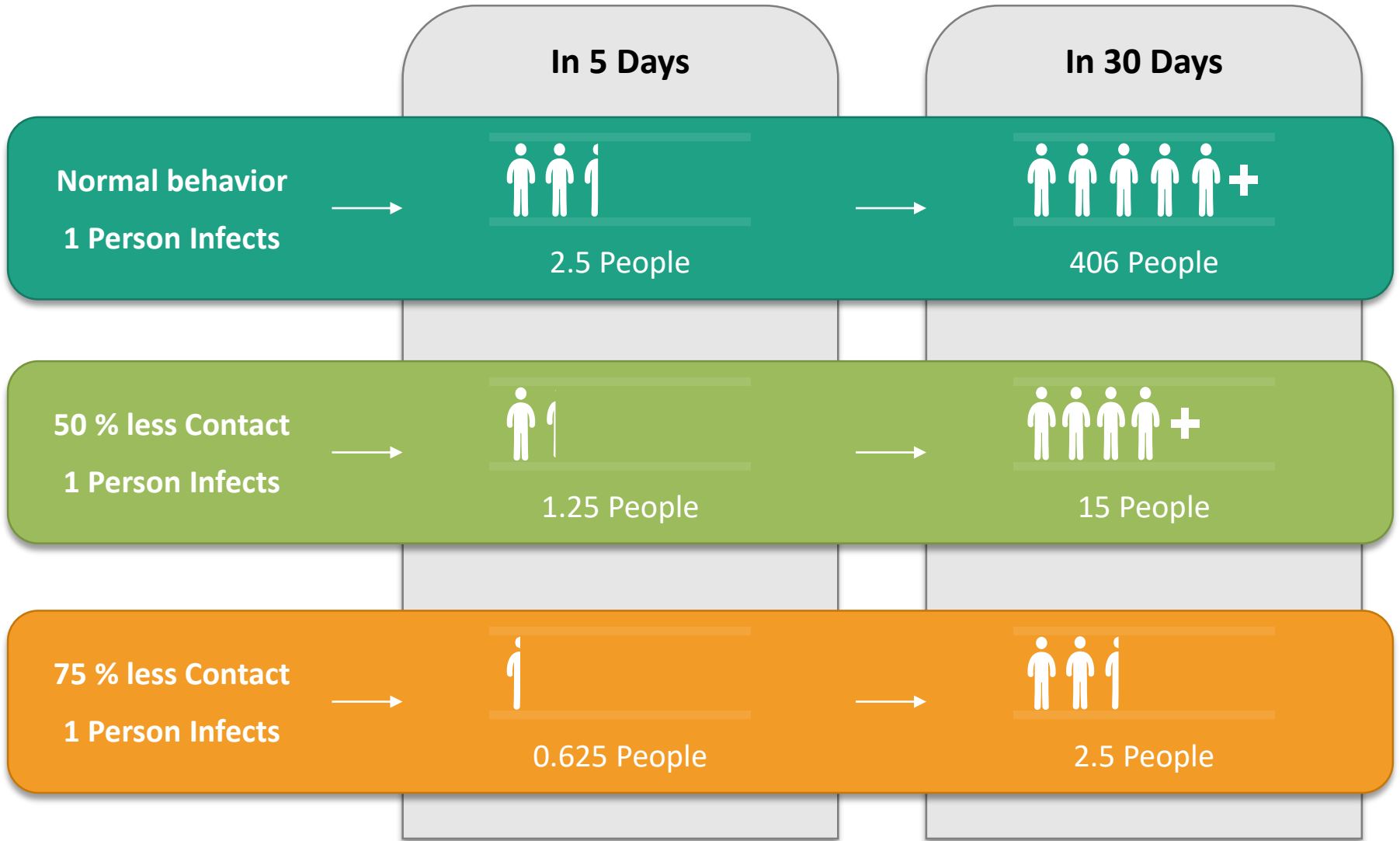
# SOCIAL DISTANCING

## Basics



# SOCIAL DISTANCING

## Effects of Those Exposed to COVID-19

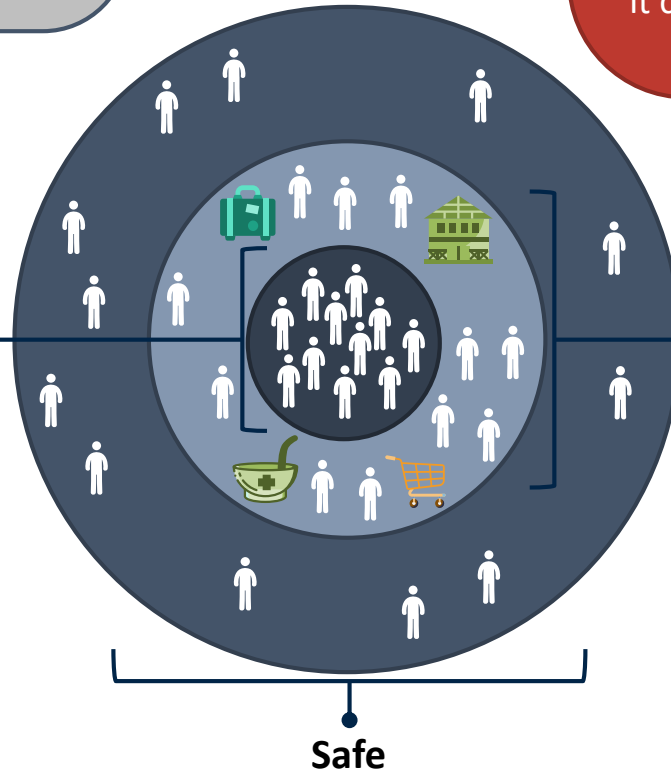


# SOCIAL DISTANCING

## More Information about Staying Safe and Healthy

When possible, keep 6 feet between you and others when you are out.

Social distancing is an effective tool for preventing the spread of disease. It can include large-scale measures, as well as personal decisions



### Avoid

- Group gatherings
- Sleep overs
- Outings
- Crowded stores
- Visitors in you house
- Non-essential workers in your house
- Workouts in gyms

### Use Caution

- Visit local restaurant
- Visit grocery store
- Pick up medication
- Play solo sports

### Safe

- Play in your yard
- Clean your home
- Read a good book
- Listen to music
- Family game night
- Group video chat
- Stream a show

# SOCIAL DISTANCING

## More Tips



1

Avoid in-person meetings. Use online conferencing, email or the phone when possible, even when people are in the same building.



2

Unavoidable in-person meetings should be short, in a large meeting room where people can sit at least three feet from each other; avoid shaking hands.



3

Eliminate unnecessary travel and cancel or postpone nonessential meetings, gatherings, workshops and training sessions.



4

Do not congregate in work rooms, pantries, copier rooms or other areas where people socialize. Keep six feet apart when possible.



5

Bring lunch and eat at your desk or away from others (avoid lunchrooms and crowded restaurants).



6

Avoid public transportation (walk, cycle, drive a car) or go early or late to avoid rush-hour crowding on public transportation.



7

Limit recreational or other leisure classes, meetings, activities, etc., where close contact with others is likely.

# SOCIAL DISTANCING



# SOCIAL DISTANCING



**Working  
from home**

## Advised

For anyone aged 0-69

**Visits from  
friends & family**



**Use less public  
transport**

## Strongly Advised

Anyone 70+ Those with an  
underlying health conditions  
Pregnant women

**Socializing  
outside home**



# SOCIAL DISTANCING



Avoid non-essential travel.



Avoid places where large groups of people



Limit any gatherings that include high-risk individuals



# SOCIAL DISTANCING

No handshakes,  
hugs or kisses  
unless you live  
together



Don't go to  
restaurants,  
bars, parties



Stay two meters  
apart where  
possible (trains,  
in meetings etc.)



Children may  
have to avoid  
grandparents for  
a while



Keep in touch  
with one  
another



If unwell, isolate  
yourself and  
family



# SOCIAL DISTANCING

