

Social distancing: what it means for volunteers, staff, patients, and visitors

Protecting staff and patients from exposure to COVID-19 is one of the pillars of the provincial pandemic plan.

Fortunately for Manitobans, we have had a window of opportunity to learn from other countries about how important it is to limit social gatherings.

Social distancing is used to intentionally reduce close contact between people to try to stop the progression of community transmission of any virus.

This means:

- minimizing prolonged (more than 10 minutes), close (less than two metres) contact with other individuals in public;
- avoiding greetings that involve touching, including handshakes and hugs;
- frequently disinfecting regularly used surfaces, electronics and other personal belongings;
- following public health advice, including self-monitoring or self-isolation if you have travelled or been exposed to someone who is ill with the virus, EVEN if you are not displaying any symptoms and
- strongly considering avoiding travel, crowded places and large events, especially if you are at higher risk for influenza-like illnesses

Based on recommendations by public health officials, social distancing is being implemented at health care facilities across Manitoba.

It is everyone's personal and professional responsibility to keep ourselves healthy. As we ramp up preparedness and response, it is essential that we take care of ourselves and each other so that we can continue to provide excellent care to the Manitobans who rely upon us.

Wash your hands often, and stay informed of the latest updates and all recommended precautions at <https://sharedhealthmb.ca/health-providers/coronavirus-resources/>