

ADVICE ON SOCIAL DISTANCING

Social distancing means limiting unnecessary contact with people outside of your household unless absolutely essential.

We are currently recommending this to over 65s who are not essential for the running of the Island's services should they wish to continue carrying out their roles.

For those 65 year olds who do choose to adhere to social distancing, when not in the home, they should keep to a distance of 1 metre (3 feet) from others. There may be, therefore, the need to avoid large public gatherings where this is not possible.

If you work, or are not at home, you should avoid using public transport during peak hours unless essential.

Social distancing and [self-isolation](#) are not the same. While you are practicing social distancing, you can still go out, get fresh air, do your gardening, and walk your dog along a quiet lane. For those practising social distancing, the advice is not to come into close contact with others.

Self-isolation however is quite different – it requires you to avoid **any** contact with others and to remain in a physically isolated space so that you cannot transmit infection to others.

Why use social distancing?

Social distancing is an important strategy to prevent COVID-19 from spreading within Jersey especially to older and vulnerable people. It is one of the most effective ways to reduce the rate of infection and therefore the impact of the disease and demand on our health services.

The more people who adopt these practices alongside the hygiene advice already available, the better our chances of preventing the spread and protecting those who are vulnerable.

How does social distancing work?

Social distancing includes certain activities outside the household (including social contact between different households). This can include the following:

- Kissing, shaking hands and hugging with people from outside of your household
- Close contact with children and grandchildren in multi-generation households by vulnerable adults
- Staying home where possible
- Keeping a distance of 1 metre /3 feet from others
- Avoiding large public events and crowds where there is close proximity
- Avoiding public transport at peak hours unless essential
- Working from home if you can do so
- Not visiting other households unless essential and ensuring that they are not displaying symptoms.
- For those who choose to continue their current roles in the community, the advice is to practice good hand and respiratory hygiene, cleaning surfaces regularly and avoiding touching your eyes, nose or mouth if your hands are not clean.