

# Physical distancing in real life

## How to maintain a two-metre distance between you and the people around you



\*Scale is approximate  
CBC NEWS

## A few definitions\*

### Contagious

Communicable, or able to be passed from one person to another. COVID-19 is thought to be spread primarily through direct contact with an infected individual, by inhaling the microscopic droplets sprayed into the air during a cough or sneeze, or by touching a contaminated surface and then touching one's eyes, nose or mouth.

### Mitigation

The public health goal once a virus has spread so widely that it's impossible to keep it away. Instead of mainly relying on public health authorities to do things like locate sick people and identify their contacts, health officials ask the public to help slow the spread of the virus. Useful actions can include reminding people to stay home when they're sick and disinfecting commonly touched surfaces in buildings daily.

### Personal protective equipment (PPE)

PPE is equipment worn by a worker to minimize exposure to specific hazards. Examples of PPE include respirators, gloves, aprons, fall protection, and full body suits, as well as head, eye and foot protection. Using PPE is only one element in a complete hazard control program that would use a variety of strategies to maintain a safe and healthy environment. PPE does not reduce the hazard itself nor does it guarantee permanent or total protection. Personal protective equipment should never be the only method used to reduce exposure except under very specific circumstances because PPE may "fail" (stop protecting the worker) with little or no warning. For example: "breakthrough" can occur with gloves, clothing, and respirator cartridges.

### Self-monitoring

Self-monitoring is implemented when individuals are potentially exposed to the virus and includes monitoring for the occurrence of symptoms compatible with COVID-19. If symptoms develop, the individual should follow the recommended public health actions regarding convalescing at home versus seeking medical care, depending on severity of symptoms and the presence of underlying medical conditions.

### Self-quarantine

The practice of isolating yourself from others until it is considered safe to return to public life. In the case of COVID-19, people who suspect they might have been exposed to the virus should self-quarantine for 14 days.

\* Information prepared by CUPE National Health and Safety Representative Tom McKenna