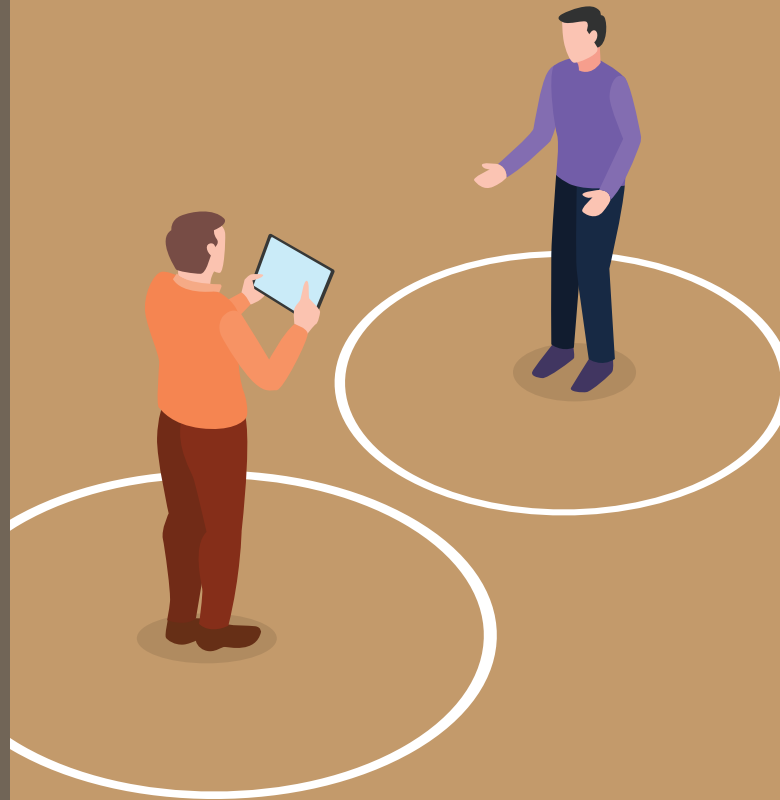




مستشفى الملك فيصل التخصصي ومركز الأبحاث
King Faisal Specialist Hospital & Research Centre
Gen. Org. مؤسسة عامة

The Rules of Social Distancing



King Faisal Specialist Hospital & Research Center
P.O. Box 3354 Riyadh 11211
Kingdom of Saudi Arabia
Tel: +966 114647272
www.kfshrc.edu.sa

Social distancing is one of the most important precautionary measures to prevent the spread of COVID-19.

What does social distancing mean?

It refers to the act of avoiding others and keeping a distance of at least 1 meter between you and another individual especially those who are suffering from cough and sneezing in order to avoid being infected. Social distancing involves avoiding handshaking and instead use greeting gesture that does not involve direct contact. Avoid crowds in closed places.

Why is social distancing necessary?

When coughing or sneezing, sprayed droplets may contain infectious viruses including COVID-19. The infection can be transmitted through inhaling virus-infested droplets or through touching contaminated surfaces with hands and then touching eyes, mouth or nose.

What are the rules of social distancing?

Keep a distance of at least 1 meter between you and others



Refrain from handshakes / hugging or kissing



Use electronic payments



Postpone travel plans and communing



Adhere to directives of the Saudi Ministry of Health



Avoid crowds or small gatherings



Shop online



Avoid using public transportations



Stay at home



Work remotely at home

References:

- www.moh.gov.sa
- www.gov.uk