



COVID-19

ADVISORY No. 33

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ANVAYA
COVE
Seaside Leisure Community



COVIDIGEST

SERIES NO. 5

EXPERTS PREFER 'PHYSICAL DISTANCING' OVER 'SOCIAL DISTANCING' AND THE WORLD HEALTH ORGANIZATION AGREES. HERE'S WHY.

The World Health Organization has shifted to recommending the term **'physical distancing'** instead of **'social distancing'**, as it emphasized the importance of mental health while the world is finding ways to combat COVID-19. In fact, when we practice physical distancing, we need social connectivity and social responsibility more than ever.

PHYSICAL DISTANCING

Physical distancing is measured in metric meters or centimeters. It is the geographical distance from person A to person B.

Physical distancing is not social isolation. It means physically separating yourself from others while still remaining socially connected.

SOCIAL DISTANCING

Social distancing is a measure of distance across different groups in society, such as social class, race or gender.

Social distancing seems to connote that people should stop communicating with one another, implying a more separate society.

DEFINITION

IMPLICATION

HOW TO PRACTICE PHYSICAL DISTANCING



Stay at least 6 feet (2 meters) away from other people.



Work from home when possible.



Keep in touch with friends and family through call, video chat, or other social media platforms.



Limit your visit on crowded places such as markets, grocery stores, pharmacies, and the like.