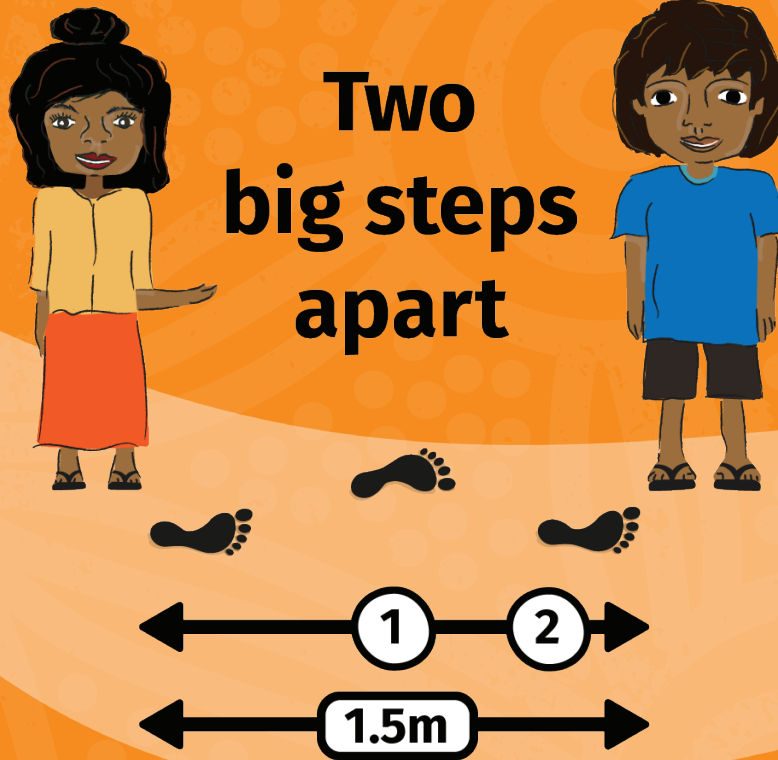


# What is social distancing?



**Social distancing is also known as physical distancing.  
It means that you need to keep 1.5 metres (or two big steps)  
between yourself and other people.**

We all need to practise social or physical distancing to slow the spread of coronavirus.  
*This doesn't include the people you live with.*

The more space between you and other people, the harder it is for the virus to spread.

Practise social distancing when you are outside, including when you are going for a walk for exercise or going to the shops.

## Stop the spread

Visit [health.gov.au/health-topics/novel-coronavirus](https://health.gov.au/health-topics/novel-coronavirus)