

# Covid-19: Keep yourself, your colleagues and patients safe

## Information for Staff about Physical Distancing

You are all doing an incredible job of caring for patients and families at the current time. We need to keep looking after each other and keep each other safe. One of the crucial things we can all do is to observe physical distancing guidelines whenever we can, and this is important for *everyone*, at work and at home.

**We are proud to see many of you following the physical distancing guidelines already.**

By following these guidelines, you can help to protect yourself, your colleagues, patients and visitors to our sites. These actions can reduce the likelihood of Covid-19 spreading between people.

You are the face of the UHB, and can be role models for other staff and patients. Keeping apart, in public areas is a clear demonstration to others that you are following the advice and understand the importance of doing so. It will also help to reduce your own potential exposure.

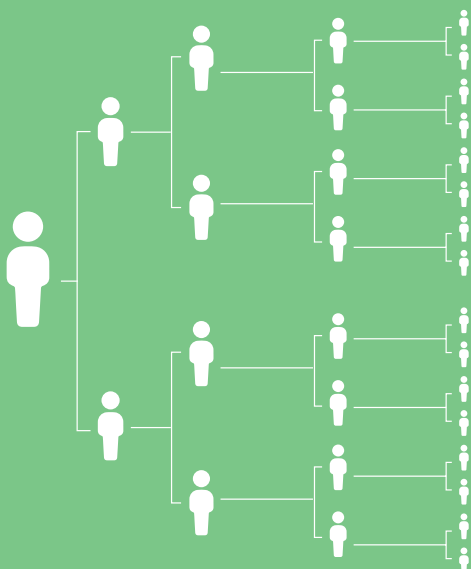
We understand that in clinical spaces, distancing may not be possible. However, when moving around the hospital sites or offices, try to keep 2 metres apart as much as you can.

**Two metres  
is approximately the  
length of a double bed**



**Try and keep 2m apart when:**

- Walking with colleagues
- Speaking with colleagues (including at their desk)
- In meetings
- In kitchen areas
- At break and lunch times  
(sit apart if using seating areas, including outdoors)
- Queuing for food, drinks or other purchases
- Working at a desk or computer workstation



**These  
actions can  
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spreading**

**Distance  
makes us  
stronger**

COVID-19  
PLEASE  
KEEP YOUR  
DISTANCE

