

What does 1.5 metres or 4 square metres look like?

We are all told that coronavirus (COVID-19) is most likely to spread from person to person when we come into close contact with one another.

We can all help stop the spread by keeping our distance to stop the virus being transmitted in a sneeze or cough.

We are asked not to shake hands, hug or exchange physical greetings with others, and wherever possible, to stay at least 1.5 meters away from others.

But what does 1.5m look like? It is approximately:

- the distance of one shopping trolley to the person in front of you in the supermarket
- two arm lengths
- two big steps
- the length of a beach towel.

It's also important to wash our hands often, especially after being in a public place, to clean any virus or bacteria from our hands.

Reference

Australian Government Department of Health (2020). [Coronavirus Social Distancing Video](#).

Australian Government Department of Health (2020). [Coronavirus \(COVID-19\) Resources](#).