



Safety Note

Updated: 6 July 2020

Physical Distancing in Libraries – reducing the transmission of COVID-19

What is physical distancing

Physical distancing includes ways to stop or slow the spread of infectious diseases. It means less contact between you and other people.

Why is it important?

Physical distancing is important because COVID-19 is most likely to spread from person-to-person through:

- direct close contact with a person while they are infectious or in the 24 hours before their symptoms appeared,
- close contact with a person with a confirmed infection who coughs or sneezes, or
- touching objects or surfaces (such as door handles or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then touching your mouth or face.

So, the more space between you and others, the harder it is for the virus to spread.

What you should do?

If you are sick or awaiting COVID-19 test results, stay away from others and stay at home – that is the most important thing you can do.

You should also practise good hand and sneeze/cough hygiene:

- wash your hands frequently with soap and water or use alcohol-based hand sanitiser, before and after eating, after going to the toilet and after sharing items.
- cover your cough and sneeze, dispose of tissues, and wash your hands with soap and water or use alcohol-based hand sanitiser, and
- avoid close contact with others (i.e. stay more than 1.5 metres from people to the extent possible).

These simple, common sense actions help reduce risk to you and to others. They will help to slow the spread of disease in the community – and you can use them every day.

Principles of physical distancing while studying

- Stay at home if you are sick, are awaiting COVID-19 test results or have been asked to self-isolate by QLD Public Health.
- Practise physical distancing which, in this case, means avoiding unnecessary close contact with others, and keeping a distance of at least 1.5 metres between people to the extent possible.
- Reduce other opportunities for direct transmission e.g. sharing items, unnecessary touching.
- Ensure impeccable personal hygiene practices.



Recommendations / Actions

1. Most importantly, stay at home if you are sick, are awaiting COVID-19 test results or have been asked to self-isolate by QLD Public Health.
2. Regularly wash your hands before and after eating and after going to the toilet as a minimum.
3. Keep at least 1.5m away from other to the extent possible.
4. Do not share equipment as the virus can live on surfaces including pens, keyboards, tabletops etc.
5. Stop the practice of handshaking or hugging as a greeting.
6. Don't eat or drink in the library.
7. Use technology to hold study groups or group assignment chats for example, Zoom, Skype FaceTime.
8. Have good hand and sneeze/cough hygiene and use hand sanitisers and soap and water often.
9. Take lunch outside.
10. Don't share food.
11. Dispose of tissues immediately in the general waste bin; don't leave rubbish on tables.
12. Avoid touching your face with your hands.
13. Meet people outdoors where possible.
14. If food outlets provide apps - order coffee and meals via the app to avoid queuing.

Resource and links

[COVID-19 \(coronavirus\) advice for the UQ community](#)

[Australian Government - Coronavirus \(COVID-19\) – Resources](#)

[Chief Health Officer public health directives](#)