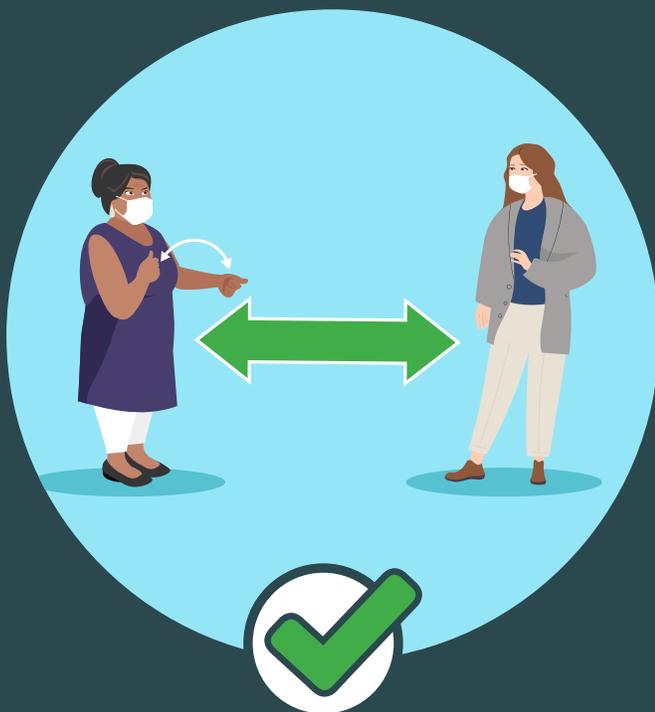




# LET'S TALK ABOUT Physical Distancing

This behavior helps protect you and others from germs and sickness.

You can **PHYSICALLY DISTANCE YOURSELF** by



**Increasing the space**  
between yourself and others.



**Stay away**  
from those who are sick.

# KEY MESSAGES to REMEMBER when physical distancing:



When possible, put extra distance between yourself and people who don't live with you.



Ask those who help you to put extra distance between you and people who don't live with you.



When possible, stay away from people who are sick inside your home.



If staying away from others is not possible, wear a mask.  
You can always wear a mask to protect yourself, even if you are enjoying time with friends or family.





# **Physical distancing can be very hard for people with vision disabilities.**

In situations where  
you need to physically distance,  
consider using your cane  
to create a safe distance  
between yourself and others.

Sometimes, **others might not understand** why physical distancing is important. If you find yourself in this uncomfortable situation, consider using the following **talking points** to help you advocate for yourself.

### If they say ...

No.

### You might reply ...



It is important to me that we have some distance between us, to help me stay healthy. Please respect my personal space.

*You could say this while also extending your arm to create physical distance between you and the person.*

Sometimes, **others might not understand** why physical distancing is important. If you find yourself in this uncomfortable situation, consider using the following **talking points** to help you advocate for yourself.

### If they say ...

There is no room for me to physically distance myself from others.

### You might reply ...



I understand it may be hard, but it is important to me that we have some distance between us. If that is not possible, please consider putting on a mask, to help me stay healthy.

*You could say this while also extending your arm to create physical distance between you and the person.*

Sometimes, **others might not understand** why physical distancing is important. If you find yourself in this uncomfortable situation, consider using the following **talking points** to help you advocate for yourself.

### If they say ...

I don't see the benefit of physical distancing.

### You might reply ...



We all have different opinions. However, it is important to me that we have some distance between us, to help me stay healthy. Please respect my personal space.

*You could say this while also extending your arm to create physical distance between you and the person.*

Sometimes, **others might not understand** why physical distancing is important. If you find yourself in this uncomfortable situation, consider using the following **talking points** to help you advocate for yourself.

### If they say ...

Guidance on physical distancing changes all the time.

### You might reply ...



I understand that guidance changes over time. However, it is important to me that we have some distance between us, to help me stay healthy. Please respect my personal space.

*You could say this while also extending your arm to create physical distance between you and the person.*

Sometimes, **others might not understand** why physical distancing is important. If you find yourself in this uncomfortable situation, consider using the following **talking points** to help you advocate for yourself.

### If they say ...

I've already had COVID-19, so it is unlikely that I will get COVID-19 again.

### You might reply ...



Oh wow, I am sorry to hear that. Even if you are better, it is still important to me that we have some distance between us, to help me stay healthy. Please respect my personal space.

*You could say this while also extending your arm to create physical distance between you and the person.*

# SOME OTHER THINGS to KEEP IN MIND as you hold these conversations:

- Listen and acknowledge their perspective.
- Emphasize how *you feel* and use “I-statements” rather than telling someone what to do.  
*For example, “I feel uncomfortable...”  
instead of “You make me feel uncomfortable...”*
- Stay calm and do not react to people who are being rude or mean.
- Always show respect, even if you do not agree.
- If there is no way to safely distance yourself from others, try wearing a mask over your nose and mouth or consider leaving the area.



Learn more at  
<https://bit.ly/Disability-Materials>

Use smartphone camera to scan QR Code

