Social Distancing Comprehension Questions

1. What is social distancing?

2. How far apart should people stay from each other when they are practising social distancing?

3. Why is social distancing important when an infectious disease breaks out?

4. Name three countries that have stopped people travelling in or out due to the COVID-19 outbreak.

5. What action has the UK government taken to try and stop the spread of COVID-19?

6. Give three examples of things that people can do to maintain their wellbeing while in isolation.

7. What is the origin of the word ‘quarantine’?

8. Why were the Apollo 11 astronauts kept in quarantine when they returned to Earth?
1. What is social distancing?

Social distancing means staying away from other people to avoid catching or passing on infectious diseases.

2. How far apart should people stay from each other when they are practising social distancing?

Two metres.

3. Why is social distancing important when an infectious disease breaks out?

It slows down the spread of disease and stops health services becoming overwhelmed by the number of people who are unwell.

4. Name three countries that have stopped people travelling in or out due to the COVID-19 outbreak.

Australia, Canada and Germany.

5. What action has the UK government taken to try and stop the spread of COVID-19?

They have closed schools, universities and pubs and put an official lockdown in place so that people do not go out unless it is essential.

6. Give three examples of things that people can do to maintain their wellbeing while in isolation.

Examples include keeping in contact with friends, relatives and colleagues online; keeping up with regular exercise; planning out a daily routine; and limiting screen time to reduce anxiety.

7. What is the origin of the word ‘quarantine’?

It comes from the Venetian word for ‘forty days’, the amount of time that travellers had to wait outside the city before being allowed to enter.

8. Why were the Apollo 11 astronauts kept in quarantine when they returned to Earth?

It was thought that they might bring back unknown diseases from the Moon and infect people on Earth.