

# Tips for Working at a Distance

2m/6ft

Physical distancing is an important infection control strategy to keep people from getting sick: where possible stay 2 metres (6 feet) from others.

Limit the amount of people going into a space to those who are absolutely required. Consider connecting virtually to others during the visit.

Make a conscious effort to plan in advance if you are attending a home with others: discuss who will stand where and ask for reminders from your colleagues when you are engaged in the visit—it's possible you will forget!

The ability to physically distance is connected to privilege. Be aware that not all of your families can afford this luxury.

It can be challenging to employ physical distancing practices in small spaces.

Where possible and if privacy and weather permits, discuss with the family whether meeting outside could work.

Explain the importance of physical distancing to the people you are visiting so they understand why you are keeping your distance: this is Public Health direction to help stop the spread of COVID-19 and helps maintain the safety of everyone.

Identify and discuss with the family where in the house you are going to place yourself in order to conduct interviews/make assessments. Ask those that don't need to be in the room to go elsewhere in the space for the duration of the visit if possible.

We are not used to being physically apart from people in our work. Feeling discomfort or awkwardness is normal.

Be mindful: fear and mistrust of the medical system (and child welfare) expressed by Black, Indigenous, as well as other racialized and marginalized individuals including those experiencing mental health issues, may be amplified by a child welfare worker wearing equipment typically reserved for the health care field.



Resources that you can watch or send to families to help explain the new way of visiting: [PPE \(for kids\)](#) and [Physical Distancing \(for kids\)](#)