

# COVID-19: Why Social Distancing

Public Health



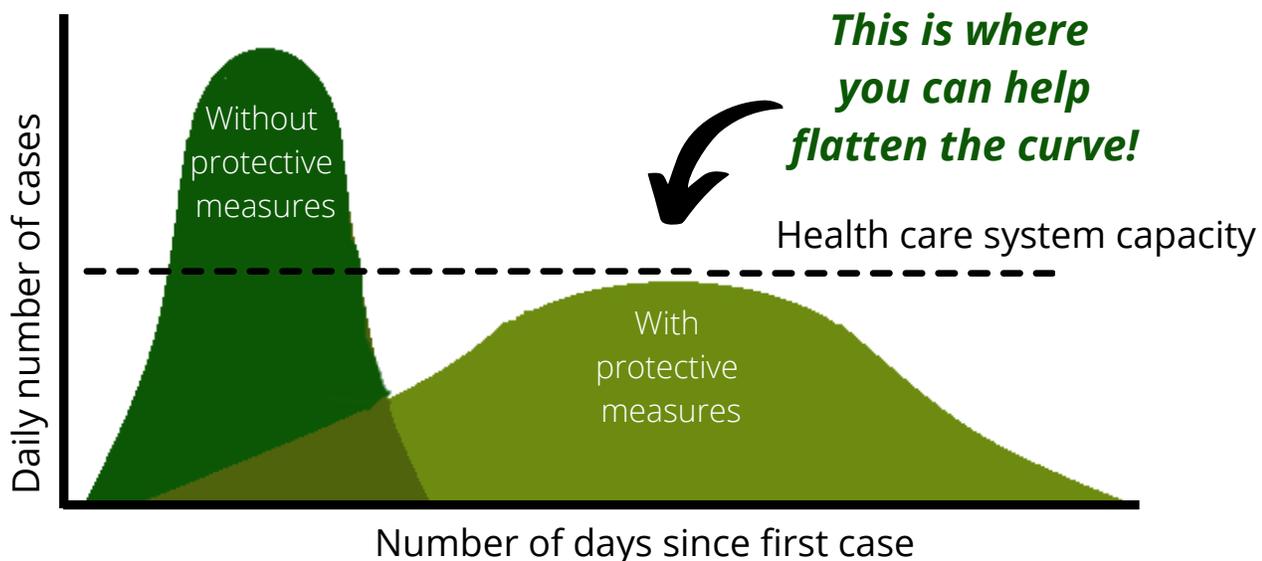
## What is Social Distancing?

Social Distancing is a practice to keep contagious diseases like COVID-19 from spreading. Examples include:

- Minimizing contact with others by keeping a distancing of at least 6 feet
- Limiting gatherings of 10 people or more
- Limiting your time in public spaces

## Why is it Important that I Practice Social Distancing?

Protective measures like social distancing are proven to "flatten the curve," to decrease the daily number of cases of a contagious disease, as large numbers of cases can quickly overwhelm local hospitals and clinics.



## What Can I Do Right Now?

Everyone plays an important role in stopping the spread of COVID-19. Here are some everyday preventive measures to practice:

- Stay home when you are sick. Only leave to get medical care (be sure to call ahead)
- Wash your hands regularly with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer
- Cover your coughs/sneezes with a tissue, then throw the tissue away, or cough/sneeze into your elbow
- Maintain social distancing by staying at least 6 feet away from other people
- Stay home as much as possible. Cancel events and avoid groups, gatherings, playdates, and nonessential appointments
- Clean and disinfect frequently touched surfaces and objects daily

If you or someone you know is a high-risk individual (age 60+, have heart/lung disease, diabetes, or a weakened immune system), take extra precaution.