

WHAT IS SOCIAL DISTANCING

AND HOW CAN IT SLOW THE SPREAD OF COVID-19?

To slow the spread of COVID-19

- Avoid large gatherings
- Keep 6 feet distance from others
- No handshakes or hugs
- Frequent hand washing

We all must do our part to prevent spread

Although community interventions like cancelling events and limiting operating hours play an important role in reducing the spread of COVID-19, **changes to individual behaviors** are even more powerful.

Frequently Asked Questions

Here's what you need to know about social distancing:

Q: What is social distancing?

A: Social distancing is a public health practice that aims to prevent sick people from coming in close contact with healthy people, reducing the opportunity for disease transmission.

Q: How do I practice social distancing?

A: Avoid mass gatherings, maintain a distance of at least 6 feet from others, and avoid physical contact with others.

Q: What are other ways to prevent the spread?

A: Other methods to prevent the spread include isolation and quarantine.

Isolation is separating a person who is known or believed to be infected or contagious from those who are not infected. This may be voluntary or mandated by public health authorities.

Quarantine is separation of a person who is reasonably believed to be exposed to a communicable disease but does not have symptoms. For COVID-19, the CDC has recommended a 14-day quarantine period to monitor for symptoms.

“The goal of social distancing in the U.S. should be to lower the pace and extent of spread of COVID-19 in any given city or community. If that can happen, then there will be less people with the disease, and less people needing hospitalization and ventilators at any one time.”

-Tom Inglisby

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