SOCIAL DISTANCING 101

Social distancing means taking actions to reduce in-person contact with people to help reduce the spread of viruses like COVID-19.
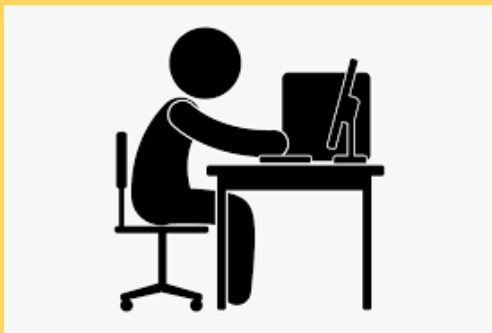
IT ONLY WORKS IF EVERYONE DOES THEIR PART!

AT HOME

- Stay home & don't go out in public when you're sick.
- When school is closed, avoid places where people gather like libraries, community playgrounds, and shopping malls.
- Avoid sleepovers and/or parties with groups of kids.
- Wash hands often & cover coughs & sneezes.
- Clean & disinfect high-touch areas in your home often.

AT WORK

- If possible, work in ways that minimize close contact with people.
- Encourage remote working opportunities.
- Clean & disinfect your workspace often.
- Avoid shaking hands.
- Structure in-person meetings to allow at least 6 feet from others.
- Wash your hands often & cover coughs and sneezes.

IN THE COMMUNITY

- Stay at home as much as possible.
- Take extra measures to put distance between you & other people.
- Avoid crowded public events & venues.
- Wash your hands often & cover coughs and sneezes.
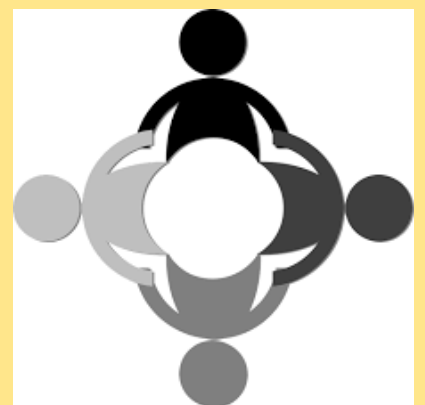
IF YOU ARE AT HIGHER RISK FOR ILLNESS:

- Stay at home & away from large groups of people.
- Call your health care provider if you start to feel ill.
- Higher risk people include those who:
  - Are over 60 years of age
  - Have underlying health conditions
  - Have weakened immune systems
  - Are pregnant