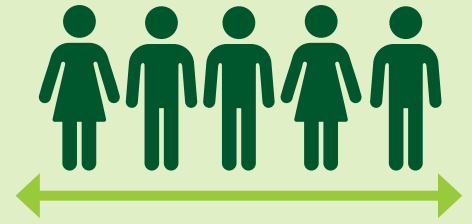


# Social Distancing 101

## What Does It Mean?

Social Distancing consists of actions that communities can take to reduce face-to-face contact, which may help reduce the spread of disease. These can be voluntary or mandated by an agency (i.e. travel restrictions) and will vary based on how the disease is spread.



## Individuals and Families:

- Stay home, and do not go out in public when you are sick.
- Avoid medical settings unless necessary.
- Give six feet of space from others. Wave instead of giving handshakes.
- Practice excellent personal hygiene habits.



## At Work:

- Work in ways that minimize close contact with people.
- Minimize groups over 10 people.
- Encourage telecommuting via email and other online platforms.
- Clean your workspace frequently.



## Those at Higher Risk:

Public Health officials recommend that people at higher risk of severe illness should stay home and away from large groups of people.

People at higher risk include:

- Individuals over 60 years of age
- Individuals with underlying health conditions
- Individuals with weakened immune systems
- Those who are pregnant

